

# Working with Core Beliefs of 'Never Good Enough'

## Introduction

with Ruth Buczynski, PhD and Others

National Institute for the Clinical  
Application of Behavioral Medicine





## Working with Core Beliefs of 'Never Good Enough': Ruth Buczynski, PhD

### Introduction

**Dr. Yapko:** We're a culture that goes after image. Image is more important than substance.

Every television commercial we see reminds us, we're not good enough. Our computer isn't fast enough. Our iPhone isn't new enough. I don't have six-pack abs.

And when you're bombarded with messages constantly telling you, from different angles, that you're not okay, it's hard *not* to absorb it—that there is the image of what the ideal should be.

**Dr. Buczynski:** How do we help our clients who never feel like they're good enough?

There are times of course when we all feel inadequate about something in our lives.

But for many people, this feeling goes much deeper – it gets woven into their personal fabric.

Worthlessness defines who they are and how they think others in the world see them.

And without help, they become trapped in a painful cycle of doubt and self-judgment that blocks them from growth.

Hi, I'm Dr. Ruth Buczynski, a licensed psychologist in the state of Connecticut and the President of NICABM.

In this program, we'll look at some practical ways to address feelings of "never being good enough".

First, we'll look at how to help clients detach from deep-set patterns of internalized blame.

Then we'll look at ways to help clients reverse feelings of worthlessness.

**Dr. Linehan:** It's helping people see that their feelings fit the facts—but the facts are *wrong*.

We'll address the challenge of working with implicit memories of inadequacy.

**Dr. Ogden:** So, that's critical because the body will bring back those implicit memories over and over and over again—and the explicit ones too. There's research to show that.

We'll get into the harmful effects of social comparison and how to help clients accept imperfection.

And then we'll look at how to deal with core beliefs that go missing and how to disrupt self-judgment through an attachment frame.

**Dr. Johnson:** We never outgrow the need for validation and to be seen and accepted in our vulnerable places—in *all* our places—by someone we love.

If we don't have that, we only have so many other ways to cope.

By the end of this course, you'll have an extensive set of tools and perspectives that you can begin using in your work tomorrow.

So let's get to it. Make yourself comfortable and I'll see you over in Module 1.

**Mr. O'Hanlon:** I used to specialize in working with people who did eating disorders and experienced eating disorders—anorexia and bulimia, mostly bulimia.

They would come in with this universal evaluation of themselves: *I'm good because I weigh this weight; I'm bad because I weigh this weight. I'm good because I ate in a healthy way this week; I'm back because I didn't eat this way.*

They're getting the *being* and the *doing* confused.

Like, you did something that wasn't so great for your body—I get it. That's one thing. But, they generalize it to: *THEREFORE I am bad. I did something bad. Therefore, I am bad.*

So, the first distinction I make is between what you are—who you are and what you do—and what you do.

That goes a long way; because people get it confused.