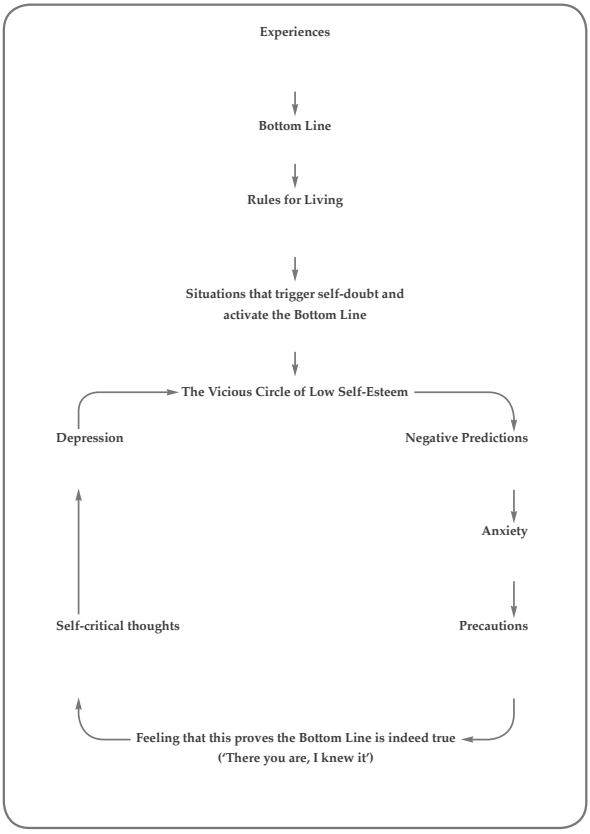
Experiences
Bottom Line
Rules for Living
Situations that trigger self-doubt and activate the Bottom Line
The Vicious Circle of Low Self-Esteem
Depression
Negative Predictions
Anxiety
Self-critical thoughts
Precautions
Feeling that this proves the Bottom Line is indeed true ('There you are, I knew it')