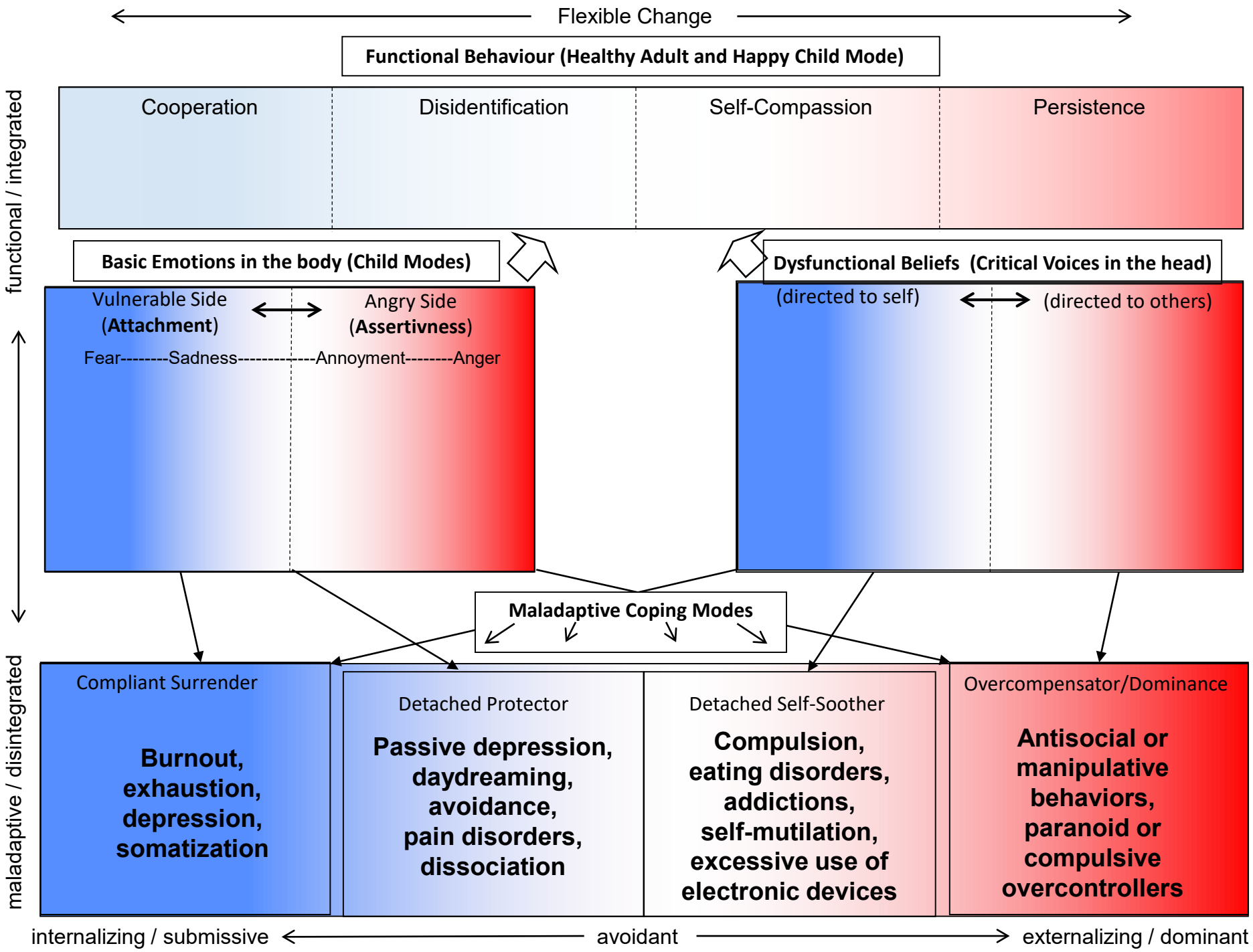
Flexible Change
Functional Behaviour (Healthy Adult and Happy Child Mode)
functional / integrated
Cooperation
Disidentification
Self-Compassion
Persistence
Basic Emotions in the body (Child Modes)
Vulnerable Side
(Attachment)
Angry Side
(Assertivness)
Fear--------Sadness----------Annoyment--------Anger
Dysfunctional Beliefs (Critical Voices in the head)
(directed to self)
(directed to others)
Maladaptive Coping Modes
maladaptive / disintegrated
Compliant Surrender
Burnout, exhaustion, depression, somatization
Detached Protector
Passive depression, daydreaming, avoidance, pain disorders, dissociation
Detached Self-Soother
Compulsion, eating disorders, addictions, self-mutilation, excessive use of electronic devices
Overcompensator/Dominance
Antisocial or manipulative behaviors, paranoid or compulsive overcontrollers
internalizing / submissive
avoidant
externalizing / dominant