The dimensional („two leg") Model

Ventral vagal break

„MWe"

Integrated modes
(Healthy Adult & Contented Child)
⟵ flexibly balancing ⟹

2 fundamental **Core Needs:**

Loving connection
Willing to trust
Other-diretednes
„Pro-social side"

„We"

Attachment
(„blue leg")

Assertiveness
(„red leg")

Autonomy
Sense of Control
Self-centredness
„Anti-social side"

„Me"

4 negative **Basic Emotions** ("Child modes"):

(Fear / Sadness ⇔ **Annoyment / Anger)**

Critic modes
(about self)

Critic modes
(about others)

3 Behaviour styles ("Coping modes")

(dorsal) vagal System

Sympathetic System

Submission ⇔ **Withdrawing** ⇔ **Dominance**
(passive / active) (Overcompensation)

(Follow/Surrender) *(Freeze / Flight)* *(Fight)*

E. Roediger