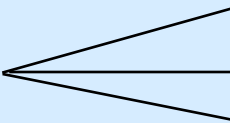
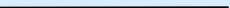
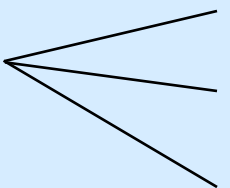
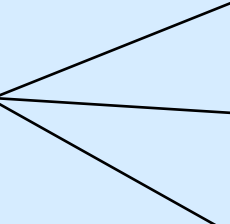


Needs	Primary Emotions	Secondary Emotions	Coping Behaviours
❖ Love Intimacy	 Alienation Abandonment Loneliness	<div>Anger / Rage</div> <div>↕</div> <div>Anxiety</div> <div>↕</div> <div>Depression</div>	Self Protective Styles of Relating (masks) Addictive Behaviours
❖ Acceptance Belonging	 Rejection		•chemicals •sexual •gambling •workaholism •eating disorders
❖ Identity Value Meaning/Purpose	 Worthlessness Hopelessness Powerlessness		Type A & B Trauma 3 D's to manage above Denial
❖ Safety Security Boundaries	 Fear Frustration Insecurity		(of the above issues) Dissociation (from the pain) Delusion (believing a lie)