

NEEDS

Love
Intimacy

Acceptance
Belonging

Identity Value
Meaning/Purpose

Safety
Security
Boundaries

PRIMARY EMOTIONS

Alienation
Abandonment
Loneliness

Rejection

Worthlessness
Hopelessness
Powerlessness

Fear
Frustration
Insecurity

SECONDARY EMOTIONS

Anger / Rage

Anxiety

Depression

COPING BEHAVIOURS

Self Protective
Styles of
Relating (masks)

Addictive
Behaviours

- chemicals
- sexual
- gambling
- workaholism
- eating disorders

Type A & B Trauma
3 **D's** to manage above
Denial
(of the above issues)
Dissociation
(from the pain)
Delusion
(believing a lie)