Mode Cycle Clashcard

P. 1: Trigger (Schemas / Core memories):		P. 2: Trigger (Schemas / Core memories):	
Internal Voice: ■	Coping Mode:	Coping Mode:	Internal Voice:
	-	←	
	1	†	
Child Mode (blocked	/ active):	Child Mode (active	/ blocked):
Neglected Core need: Wish:		Neglected Core need: Wish:	
			I
▼ Reaction of Healthy Adult:		Reaction of Healthy Adult:	
Result:			

Roediger & DiFrancesco 2013