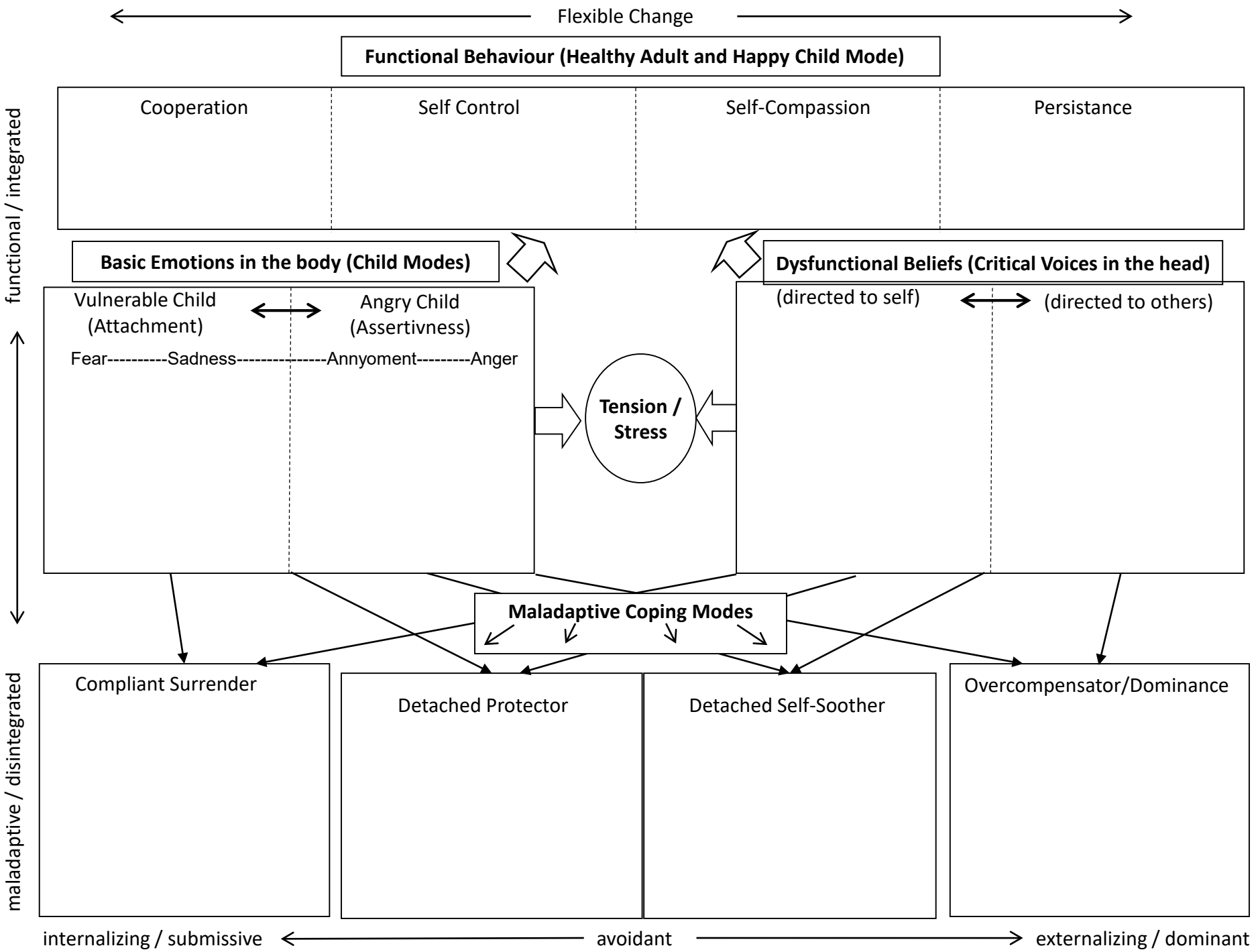
Flexible Change
Functional Behaviour (Healthy Adult and Happy Child Mode)
Cooperation
Self Control
Self-Compassion
Persistance
functional / integrated
Basic Emotions in the body (Child Modes)
Vulnerable Child
(Attachment)
Angry Child
(Assertivness)
Fear----------Sadness----------Annyoment---------Anger
Tension / Stress
Dysfunctional Beliefs (Critical Voices in the head)
(directed to self)
(directed to others)
Maladaptive Coping Modes
Compliant Surrender
Detached Protector
Detached Self-Soother
Overcompensator/Dominance
maladaptive / disintegrated
internalizing / submissive
avoidant
externalizing / dominant