Survival Style	Expressions	Core Dilemma	Healing Process	Shame vs. Pride ID	Physical Presentation
Connection	I don't belong; I often feel numb; I have chronic anxiety; being alive is dangerous; I often hate myself; relationships are hard for me. **I shame myself when I connect with myself or with others.** **Reality: "I survived!"**	If I feel, I will die or fall apart. I want to be connected to myself and others, but I am fearful.	No agenda; Authentic, not gimmicky; Allowing them to be seen and understood, often for the first time; Focus on the here and now; deconstructing present experience. **Not pushing too quickly into the body**. As important to work with their fear of feeling as it is to get into feelings. Don't push in any way; **use simple language; monitor my pacing.**	Shame at existing, not belonging, burden on others vs. pride in not needing others, being a loner.	Low energy, shallow breathing, frozen diaphragm and abdomen.
Attunement	I fear rejection; I don't know what I need; I'm proud of how little I can get by on; Feeling pleasure is hard for me. I fear people will leave me. **I shame myself for having needs.**	I need to need but it's not safe to need; If I express my need, I will be rejected or abandoned.	Shift from reliving abandonment and scarcity to learning to tolerate expansion and pleasure; integrate cut off anger and grief; **reality that abandonment has already happened**; recognize needs and how to express directly.	Needy, empty, unfulfilled, selfish, undeserving vs. caretakers, codependent	Overweight or underweight, difficulty taking breath in, generally low energy, puppy eyes at times.
Trust	I hate to fail; anger is my default emotion; I was denied a childhood; I had to live out my parents' dreams; "Don't let them see you sweat." **I shame myself when I'm vulnerable.** **Reality: Not as helpless as you secretly believe and not as powerful as you try to appear.**	If I am not in control, I will be abused/betrayed; Can I depend in a healthy way?	Straightforward, not "nicey nicey"; hold clear boundaries; establish trust; identify power plays and efforts to dominate/seduce; eventually face the hurt of betrayal and humiliation; **shift from addiction to intensity to aliveness of surrender/vulnerability.**	Helpless, powerless, used, betrayed vs. in control, strong, overpowering, successful.	Inflated chest, armoured heart.
Autonomy	I'm a people pleaser; I avoid conflict; I say yes when I really mean no; I have ambivalence about making decisions; parents over controlling; trouble holding boundaries. **I shame myself when I am authentic or try to hold a boundary.**	If you got to know me would you love me; I want to trust my instincts but I worry that I will be left or judged.	Pressure to fix can create pressure for client to achieve therapist's agenda; stay neutral and not take side; **don't give advice**; all parts are welcome; aware that pressure is coming within; **trying to please as a way of controlling others' responses**; learning to self-reference; express in a direct way; learning to manage **hurt** of rejection/abandonment without moving back to old strategies.	Burdened; angry; judging; **enjoy disappointing** vs. how much they can take on, nice/sweet; self-sacrificing; fear of disappointing.	Pressure in neck and back, pinched nerves, high blood pressure, contained breathing, high energy, contained as if in a vice, burdened.

Love/Sexuality	**Prefer to reject than be rejected**; thrive on being admired; emotions sign of weakness; I am driven; something fundamentally flawed about me; I had to perfect myself to get my parents' love. **I shame myself when I am openhearted.** **Realty: Love conditional on looks and performance is not love.**	If I am perfect, I will be loved; Can I let myself love and be loved?	**Risk of getting their heart broken if they love deeply**; "futuristic memory" serves to reject heart's desire to connect; allow vulnerability, open heart and ultimately surrendering to their own feelings; identify early heartbreak and how it persists; see their roles in relationship; explore how perfecting helps them avoid vulnerability and hurt.	Rejected, hurt, flawed, feeling unlovable vs. reject first, perfect, flawless, self-esteem based on looks.	Armoured heart, high energy focused on discharge through motor activity (doers).