

Recovery: “Recapturing & reclaiming what has been lost or stolen”

Anxious Attachment The Fantasy	Secure Attachment (ESA)	Avoidant Attachment The Facade
Ego State: Wounded Feels Small	Ego State: Healthy Adult Age Congruent	Ego State: Babysitter Feels Big
IFS: Exile Carries the Burdens	IFS: Inner Observer Inner Leader	IFS: Protectors Manager/Firefighter
Feels Less Valuable Insecure & One Down	Self-Esteeming USA Equal Worth & Value	Feels More Valuable Superior & One Up
Impaired Boundaries	Healthy Boundaries	Walled Off
Views Self as Flawed & Defective	Comfortable with Truth & Reality	Attempts Perfection Image Management
Overly Needy Hyper Dependent Fears Capacity to Meet Needs	Acknowledges and Negotiates Personal Needs & Wants	Adverse to Own Needs Wants to be “Needed” Counter Dependent
Out of Control	Flexible & Moderate	Hyper Controlling
Emotional Dysregulation	Healthy Experience & Expression of Emotions	Frozen Affect: Lacks EQ
Craves “Intimacy” Enmeshment Experienced As Intimacy	Ability to Achieve & Sustain Deep Intimacy with Self & Others	Craves “Excitement” Intensity Experienced As Intimacy
Fears Abandonment	Does Not Abandon Self	Fears Suffocation
<i>Possible Childhood Abandonment</i>	<i>Affirmed vs. Criticized Nurtured vs. Neglected Limits vs. Indulgence</i>	<i>Possible Childhood Enmeshment</i>