



NAME:
Baby State

ROLE:
Very little function

HOW IT HELPS:

NAME:
Good Child

ROLE:
Needs to be needed

HOW IT HELPS:

NAME:
Socialite

ROLE:
Healthy social connection

HOW IT HELPS:

NAME:
Seeker

ROLE:
Problem Solver

HOW IT HELPS:

NAME:
Worker

ROLE:
Get on with it

HOW IT HELPS:

NAME:
Assertive

ROLE:
Planning

HOW IT HELPS:

NAME:
Aggressive

ROLE:
Push Back

HOW IT HELPS:

NAME:
Alone Child

ROLE:
Avoidant due to rejection

HOW IT HELPS:

NAME:
Addiction

ROLE:
How to numb

HOW IT HELPS:

NAME:
Addiction

ROLE:
How to numb

HOW IT HELPS:

NAME:
Addiction

ROLE:
How to numb

HOW IT HELPS:

NAME:
Passive Aggressive

ROLE:
Can't get what I want

HOW IT HELPS:

CHILD
FEAR

RATIONAL
AWARENESS

PROTECTOR
ANGER

NUMB
AVOIDANCE