

Survival Skills Developed to Manage Shame & Self-Love Deficit

WITHDRAWAL = HIDE

- Isolating oneself
- Hiding (Netflix & Video Games)
- Spacing out or dissociating
- Shyness
- Extreme fatigue

ACT OUT (Anger Turned Out)

- Transfer of shame through blaming others
- Irritability
- Rage
- Psychological and physical abuse
- Emotional manipulation
- Striving for Power
- Controlling of others
- Very aggressive and assertive
- High Impulsivity



ACT IN (Anger Turned In)

- Low self-esteem
- Self-doubt & self-judgement
- Anxiety/panic attacks
- Compulsive behaviors (gambling, sex, food, internet, exercise)
- Depression
- Obsessive thoughts of what others think of me
- Striving for perfection
- Somatic pain
- Self-Harm
- Disordered eating
- Shut down / numb
- Extreme procrastination

AVOIDANCE = ESCAPE

- Compartmentalize your brain
- Addictions/substance dependency
- Distraction through high intensity thrill seeking
- Fantasizing about what life could be like
- Multiple intimate partners
- Spiritual bypass