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|  | **A** | **B** | **C** |
| Parental Traits | -Not emotionally available.  -Logical/analytical.  -Unable to perceive needs.  -Unable to attune to emotions (unable to listen to stories and grasp emotions).  -Unable to express their own needs and emotions.  -Non affectionate in words/actions.  -May instruct the kid to not feel a certain way.  -Lack of stories of their own  -**Major threat to child: Rejection, Dismissal** | -“Come here, go away” mix messages  -frightening setting which may involve violence and threats  -creates unsolvable un-win-able situations for the child. Punishes child anyways.  -parental control, coercive behaviors  -may have substance abuse, mental illness  -may have suffered loss during the caretaking years. Caretaker have unresolved trauma and is frightened by their own dysregulation and displays unpredictable confusing behaviors and mood in response to a distressed child.  -**Major threat to the child: punishment, shame, no solutions, lack of guidance, unpredictability.** | -Preoccupied with their own childhood, needs and attachment issues  -inconsistent in been aware of and taking care of needs of the child  -intrusive communication of their thoughts and feelings  -intrusive with feelings of the child  -fearful of abandonment  -endless pit of needing love  -Mixes past and present issues  -**Major Threat to child: abandonment, transiency due to inconsistencies. Never know when the supply is going to stop.** |
| Personal Struggles and Patterns | -Does not have a strategy to getting needs met. All ways attempted will fail.  -Home is normal. Chaos is home. Therefore chaos is normal and may seek or create it.  -Wanting closeness but needing to detach due to fear and distrust  -confusion about fitting in. Why don’t they like me? What’s proper?  -Behavior is too passive vs too aggressive. (Ponders too much vs acting impulsively).  -Distrustful, hypervigilant, suspicious of others, always looking for the hidden agenda  -Lack of self-awareness and regulation of emotions. | -Difficulty identifying and verbalizing their emotions  -Does not have a sense of self across time  -Lack of empathy  -Inflexible  -Avoids processing emotions  -How do I not let the world affect me? | -Project childhood issue to the present  -Mixes caretaker’s experience with self.  -Constantly feeling of dissatisfaction  -Struggle between I want, but what I want is sometimes not available. (My fault for wanting vs their fault for not providing.) Unable to predict when help is not available so will cling to it when it’s around.  -Fearful of not getting what they want or losing what they do have. |
| World Self  View/Belief System (bias, default) | -Everyone is selfish and out for themselves.  -World is not for me so better to not need it.  -No one I can depend on  -People are too emotional and needy  -Emotions are a burden | -Preoccupied with self-unmet needs  -No one is interested in me/I have to keep them interested.  -I am not important enough  -I am not good enough  -I wish I wasn’t so needy | -People are not who they seem to be. They are hiding something.  -People don’t see me as I really am  -I can’t win. I will be punished, shamed and ostracized and I don’t know why.  -I don’t know the ins and outs of life |
| Negative Expectations (becomes self-fulfilling prophecies) | -Expects to be disappointed  -If I don’t stand out, I will be overlooked.  -No one is competent enough to help me.  -My problems are too big.  -Everyone always abandon me. | -Expects the worse scenario. There is no answers or solutions.  -People are hiding something, two faced and they will betray me and flip on me.  -I am always misunderstood.  -I can never meet people’s expectations, b/c they hide the truth from me.  -Whatever I do is wrong. I always do the wrong thing. I have no safe move to make. | -Voicing needs is useless and embarrassing  -Needs won’t be met  -No one cares  -Expects rejection |
| Inner Vows (they end up breaking & punishes self for them) | -I have to find a solution.  -I must find a way to predict outcome and avoid punishment.  -I need to have evidence that they are who they say they are.  -I must find a way to belong.  -Making no move is better than making a wrong one.  -I have to make the right decision (paralyzed because they don’t know what the right decision is). | -I have to make sure people care.  -Need to perform better so they notice me  -I have to stop been so needy  -I have to stop them from abandoning me (possibly by creating needs). | -I don’t need anyone.  -I don’t or shouldn’t have needs.  -I shouldn’t care or have emotions.  -Showing emotions is a weakness.  -I don’t have any hope and expectations of others so I won’t have disappointments. |
| Defense Style | Freeze: I don’t know what to do. Whatever I do it not going to work. | Fight: I need to fight to get proper attention. I need to earn attention/It’s all my fault and I need to change myself. Blaming sometimes get me what I want. | Flight: Get me out of here. I don’t need or want anything anymore. |
|  | **A** | **B** | **C** |

Parental Style: A=Dismissive/Avoidant, B=Disorganized, C=Anxious/Ambivalent

Struggles: A=Disorganized, B=Dismissive/Avoidant, C=Anxious/Ambivalent

World/Self View and Belief System: A=Dismissive/Avoidant, B=Anxious/Ambivalent, C=Disorganized

Negative Expectation: A=Anxious/Ambivalent, B=Disorganized, C=Dismissive/Avoidant

Inner Vows: A=Disorganized, B=Anxious/Ambivalent, C=Dismissive/Avoidant

Defense Style: A=Disorganized, B=Anxious/Ambivalent, C=Dismissive/Avoidant