



Integrative Modes (Healthy Adult and Happy Child Mode)

functional / integrated

Cooperation	Disidentification/Letting go	Self-care/-compassion	Persistence/Taking a stance
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Ventral vagal break

Basic Emotions („Child Modes“)

Dysfunctional Beliefs („Critic/Parent Modes“)

Vulnerable Side (Attachment) (other-directed)	Angry Side (Assertivness) (self-centered)
Fear-----Sadness	Annoyment-----Anger

(directed to self)	(directed to others)
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Tension / Stress

Displayed Behavior („Coping Modes“)

maladaptive / disintegrated

Compliant Surrender	Detached Protector	Detached Self-Soother	Overcompensator/Dominance
Burnout, Exhaustion, Depression, Somatization	Passive depression, Daydreaming, Avoidance, Pain disorders, Dissociation	Compulsion, Eating disorders, Addictions, Self-mutilation, Excessive use of electronic devices	Antisocial or manipulative behaviors, Paranoid or compulsive overcontrollers

internalizing / submissive ← → avoidant → externalizing / dominant

(dorsal) vagal branch

Sympathetic branch