Mode Cycle Clashcard

P. 1: Trigger (Schemas / Core memories):		P. 2: Trigger (Schemas / Core memories):	
Internal Voice:	Coping Mode:	Coping Mode:	Internal Voice:
Child Mode (blocked / active):		Child Mode (active / blocked):	
Neglected Core need: Wish:		Neglected Core need: Wish:	
Healthy Adult Behaviour:		Healthy Adult Behaviour:	
Result:			

Roediger & Simeone-DiFrancesco 2015