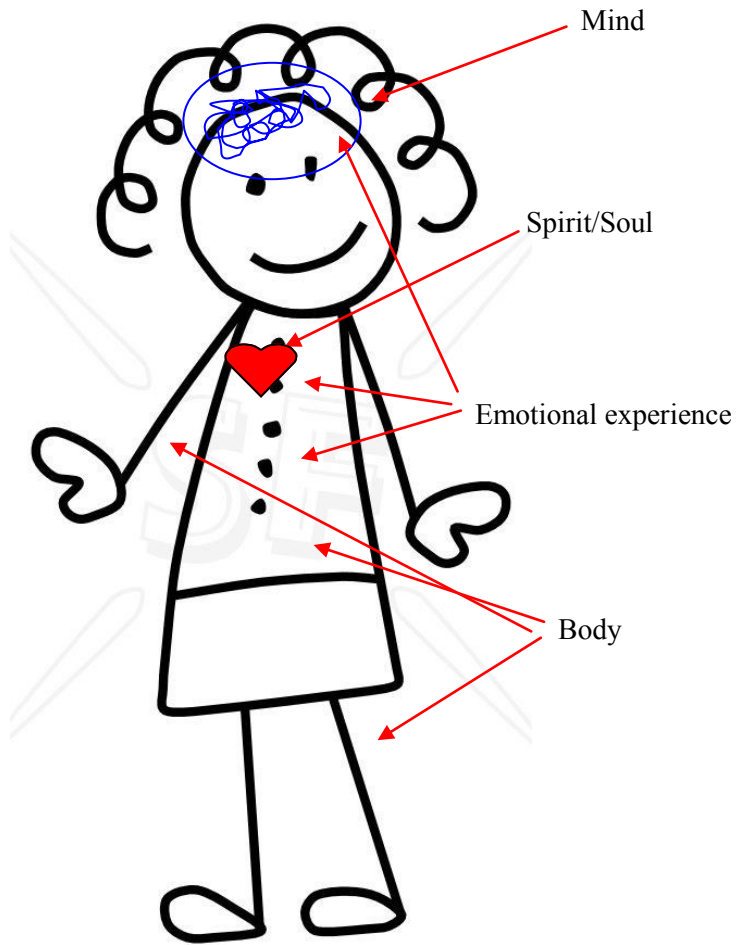


**WHOLE—Integrated person**

Attached to the self & others.

Person is conscious of experiencing the aspects of self in present.



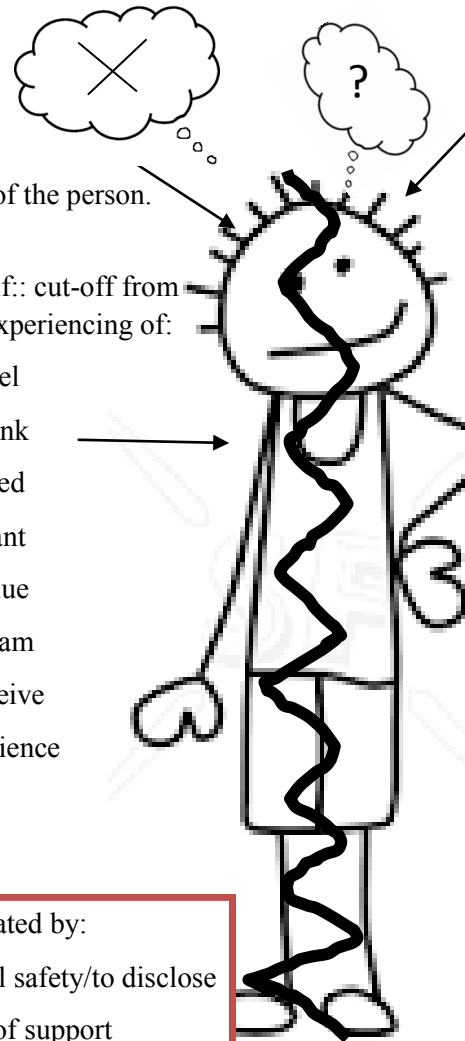
**COMPLEX TRAUMA**

**FRACTURED—Disintegrated person**

Carrying all of the person.

Unconscious self: cut-off from the conscious experiencing of:

- Feel
- Think
- Need
- Want
- Value
- Dream
- Perceive
- Experience



- Outside self mask.**
- Secrecy to self.
  - Little/no trust-unwillingness
  - Unstable self-structure
  - Hypervigilance
  - Reliance on DEFENSES
  - Somatic emphasis
  - Heavy use Cognitive Distortions
  - Projections of self/perps
  - Impulsivity
  - Self-destructive
  - Detached from self/others
  - Problem relationships
  - Self-hatred
  - Depression/anxiety
  - Chronic guilt/FEAR
  - Intense shame/internalized
  - Believes abuser values
  - No one understands me.

- Created by:
- Lack of general safety/to disclose
  - Lack of support
  - Lack of response
  - Relationship to perp.
  - Complexity of experiences
  - The victim's role in..

Attached to the  
GUARD DOG