

WITHDRAWAL

ATTACK SELF

ATTACK OTHER

AVOIDANCE

**Isolating Oneself
Running & Hiding
Distancing Oneself**

**“Turning the Tables”
Blaming the Victims
Lashing Out Verbally & Physically**

**Denial
Abusing Drugs & Alcohol
Distraction Through Thrill Seeking**

**Self Put-Down
Masochism
Self Doubt**