

| END RESULTS ← | IMPAIRMENTS ← | FEELINGS → | NEEDS → | GIFTS |
|----------------------------|------------------------------------|------------|----------------------------|---------------------------|
| Manipulative and Demanding | Self-Pity | SAD | Comfort and Grief | Acceptance |
| Dominated by Self-Will | Depression & Pride | ANGER | Accomplishment and Support | Passion |
| Controlling and Rageful | Anxiety | FEAR | Guidance and Security | Faith/Wisdom |
| Bitter and Vengeful | Resentment | HURT | Attention | Healing/Courage |
| Cruel | Apathy | LONELY | Belonging and Mattering | Being Known (Into-Me-See) |
| Shameless | Toxic Shame | SHAME | Listening and Trust | Humility |
| Chronically Remorseful | Toxic Shame | GUILT | Unburdened Freedom | Forgiveness |
| Acutely Miserable | Sensuous Experiences without Heart | GLAD | Fun and Freedom | Joy with Sadness |