

SELF IMPROVEMENT STRATEGIES/COMPULSIVE AND OUT OF CONTROL BEHAVIOR

#1 Starting Point #2						
#1 EARLY CHILDHOOD FEELINGS & MESSAGES	#2 CHILDHOOD FEELINGS & TRIGGERS	#3 EMERGING THEMES & CORE BELIEFS	#4 CURRENT BEHAVIORS	#5 AO/AI	#6 AWARENESS OF TRIGGERS & RITUALIZING	#7 TRIGGERS
EX: insecurity, acceptance of lying, molested, divorce, etc.	EX: No power, no security, body sensations an object not a person, etc.	EX: Not safe, not authentic, I must be broken, can't ask, objectifying, etc.	EX: Porn, submission, domination, manipulation, seduction, masturbation, numbing, etc.	EX: Posting pics, chatting online, apps, sex clubs, BDSM, etc.	EX: Frustration, can't say no, loneliness, body sensations, stress, physical reactions, alcohol, substances, etc.	EX: Primary feelings locations, sensations, objects, body types, beliefs, etc.