

Child Modes	
Vulnerable Child	You experience intense emotions: sadness, despair, or fear (of abandonment). You may fear other people, feel inferior, or be ashamed. You may struggle to believe that others care about who you are and that you belong. You expect others to want something from you and fear rejection.
Angry Child	You feel intense emotions of frustration, anger, and impatience. You may feel abandoned, belittled, unfairly treated, or betrayed due to unmet basic needs. Your anger is expressed vigorously, both verbally and non-verbally.
Furious Child	You feel angry (similar to the Angry Child). You lose control due to your rage, potentially hurting people or damaging things.
Impulsive Child	You struggle to control impulses and emotions, leading to unwise actions. You may engage in selfish and uncontrolled behavior to fulfill your needs.
Undisciplined Child	You tolerate discomfort poorly (such as conflict, pain, frustration, effort). You may resist (do it yourself) or avoid. You struggle to complete tasks that are unpleasant or routine.

Unhelpful Coping Modes	
Willing Submission	You surrender to the will of others to avoid conflict or problems. By behaving submissively, passively, and/or obediently, you hope for approval, suppressing your needs and emotions, often leading to pent-up anger.
Detached Protective	You protect yourself from intense feelings, believing they will overwhelm you or signal weakness. In social interactions, you are absent, trying to shut off your emotions. You

	<p>may feel empty, insensitive, or as if you are detached from yourself. If this detachment becomes extreme, it is referred to as "dissociation," leading to feelings of emptiness, indifference, and/or detachment from the world.</p>
Angry Protective	<p>You mistrust others and display anger through a hostile, cynical, pessimistic, or rejecting attitude to protect yourself from perceived threats and intense feelings.</p>
Detached Self-Soothing	<p>You seek distraction to avoid feeling negative emotions. This may involve using substances (drugs, alcohol) or engaging in stimulating activities (intensely working, surfing the internet, watching series, gaming, gambling, exercising, or engaging in sex).</p>
Perfectionistic Overcontrolling	<p>You control yourself or others compulsively, working hard to do things perfectly to protect yourself from making mistakes.</p>
Distrustful Overcontrolling	<p>You try to protect yourself from the threat of others, you check the intentions of others to an extreme degree, seeking confirmation that your distrust is justified.</p>
Seeking Attention and Recognition	<p>You seek approval/attention from others in a very overt way, exaggerating or eroticizing your behavior or emotions.</p>
Self-Enhancer	<p>You aim to boost your self-worth or believe you are entitled to certain things. You achieve this by insisting on your way without considering others, emphasizing your achievements while belittling others.</p>
Bullying and Attacking	<p>You aim to prevent being hurt or humiliated by attacking others, bullying, or intimidating them.</p>
Deception and Manipulation	<p>You lie or manipulate others, for example, to gain an advantage for yourself or avoid punishment.</p>
Predator	<p>You seek revenge on others, aiming to maintain your position or remove people from your path. In a calculating, cold, and reckless manner, you focus on eliminating obstacles, enemies, rivals, or threats.</p>

### Unhelpful Parent Modes

Punitive Parent	You are angry with yourself for what you do wrong and believe you must be harshly punished. You give yourself punitive messages you heard from (one of) your caregivers or peers in the past.
Demanding Parent	You must be able to do everything perfectly. You adhere to strict rules, norms, and values. You never do well enough, so you must try harder. You push yourself until everything is perfect, sacrificing your own pleasure and peace. You never really feel satisfied with the result. You have internalized rules and norms from (one of) your caregivers, peers, your culture, or society.

### Helpful Modes

Healthy Adult	You have positive and nuanced thoughts and feelings about yourself and others. You engage in activities that are good for you and contribute to healthy relationships. You can establish a connection with others. You can understand others and consider multiple perspectives. You have insight into the impact of your behavior on others and can experience various emotions without being overwhelmed. You have meaningful short- and long-term goals and can pursue them in a balanced way.
Happy Child	You feel free, loved, satisfied, protected, understood, safe, valued, and connected to others. You are adventurous, spontaneous, optimistic, and playful.