

Disconnection and Rejection	
Emotional Deprivation	You're feeling lonely, unnoticed, and expecting not to receive emotional support, protection, or attention.
Abandonment/Instability	You have a lack of trust in others' support; they are unpredictable and unreliable. You're expecting abandonment or betrayal.
Distrust/Abuse	You're anticipating intentional harm, manipulation, or abuse from others. You're expecting humiliation or deception.
Social Isolation/Alienation	You're feeling different, alone, or isolated, believing you don't fit in with the group.
Inferiority/Shame	You're deeply feeling worthless and undeserving. You experience discomfort or insecurity in interactions, and are sensitive to rejection or criticism.

Impaired Autonomy and Performance	
Failure	A sense that everything you try fails. Feeling untalented and unintelligent, believing others are better than you.
Dependent/Incompetent	You experience an inability to handle daily life independently. You're feeling helpless and dependent on others to solve problems.
Vulnerability to Illness/Danger	You're fearful that something terrible might happen, leaving you powerless to protect yourself. You're concerned about potential disasters.
Enmeshment/Undeveloped Self	You're struggling to understand your true self and desires. You feel a strong connection to those who raised you, and feel a limited space for your identity.

Impaired Limits	
Entitlement/Grandiosity	You're expecting to do as you please without considering others. You're insisting on your way with a sense of power and control.

Insufficient Self-Control/Self-Discipline	You're avoiding frustrations and discomfort, struggling to complete tasks even at personal expense. You experience difficulty in emotional and impulsive control.
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Other-Directedness	
Subjugation	You're suppressing your own needs for approval from others. You're believing adaptation to others' wishes is necessary to avoid conflict.
Self-Sacrifice	You're feeling guilty when attending to your own needs. You're believing others' needs should take precedence. You're sacrificing for others.
Seeking Approval/Recognition	You're excessively seeking attention, approval, and validation from others at the expense of your own development and needs. You're allowing others to influence how you perceive yourself.

Excessive Vigilance and Inhibition	
Emotional Inhibition	You're feeling the need to suppress emotions and spontaneity, fearing harm to others, shame, punishment, or abandonment.
Harsh Standards/Excessive Criticism	You're expecting never to be good enough, setting unrealistic high standards. There's no tolerance for mistakes and harsh self-criticism.
Negativity/Pessimism	You're anticipating negative outcomes, focusing on the negative. You're ignoring or minimizing positive aspects.
Punitive Attitude	You're believing in severe punishment for mistakes, impatience or anger when expectations are not met. You experience difficulty in forgiving.