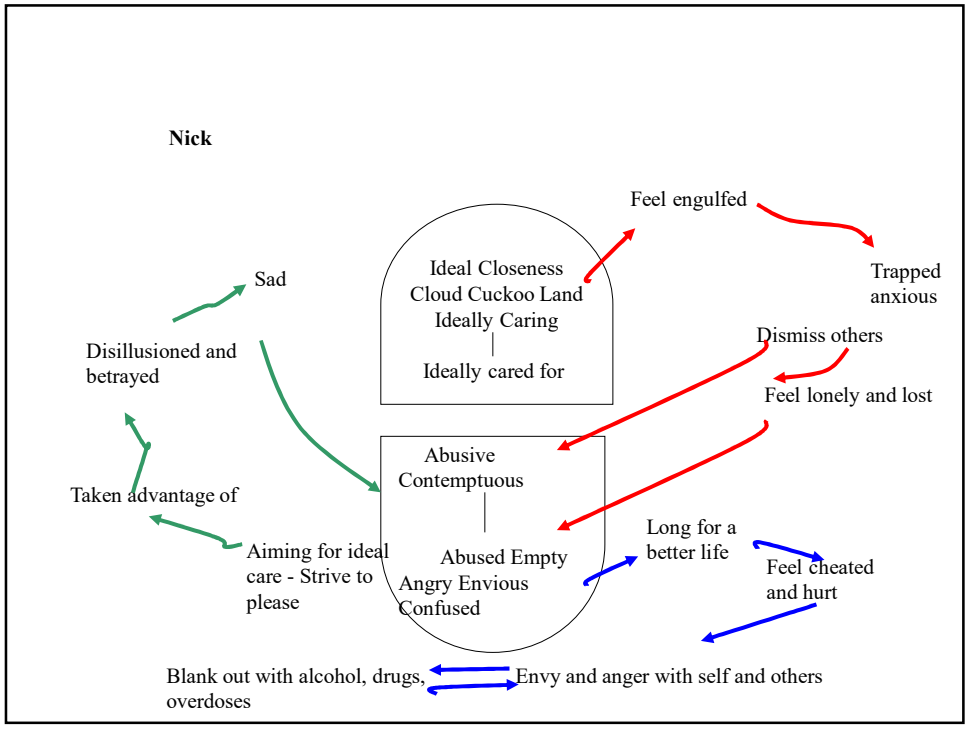
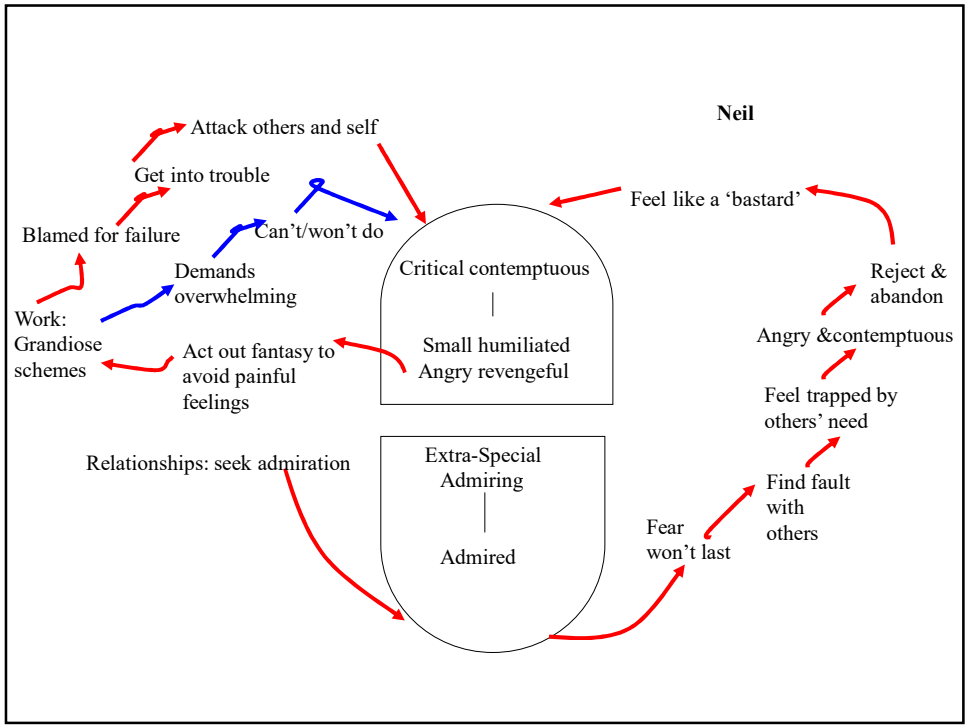
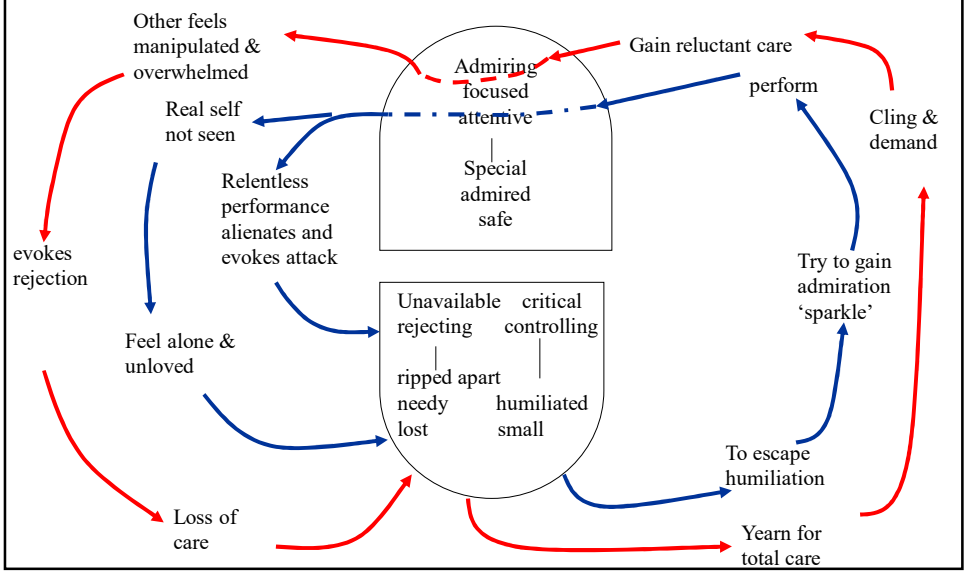
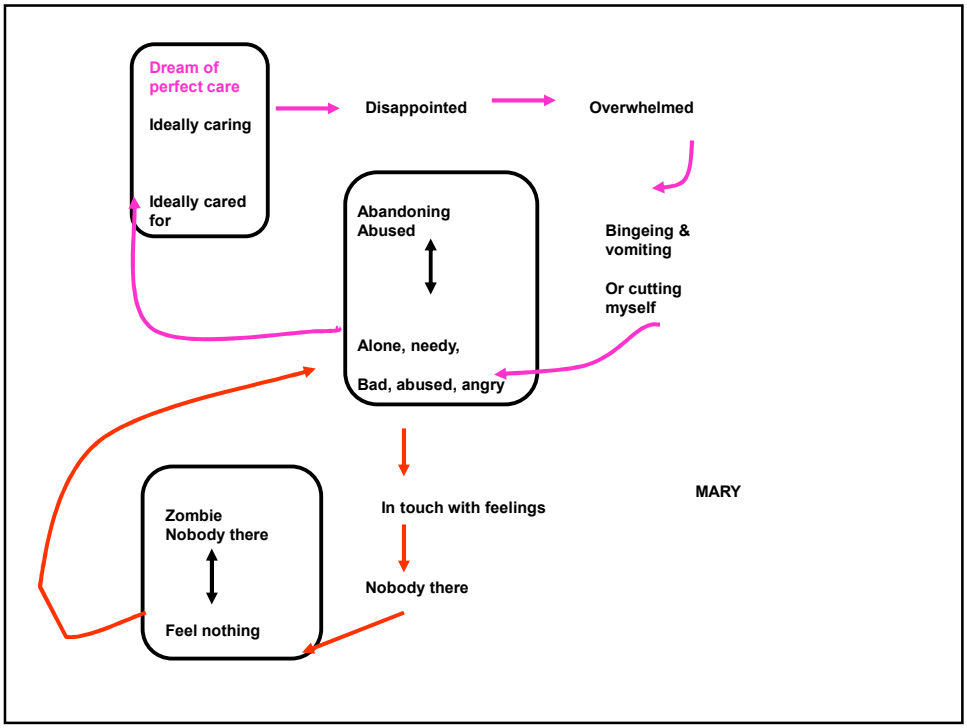

Nick
Feel engulfed
Trapped anxious
Ideal Closeness
Cloud Cuckoo Land
Ideally Caring
Ideally cared for
Sad
Disillusioned and betrayed
Dismiss others
Feel lonely and lost
Abusive
Contemptuous
Abused Empty
Angry Envious
Confused
Taken advantage of
Aiming for ideal care - Strive to please
Long for a better life
Feel cheated and hurt
Blank out with alcohol, drugs, overdoses
Envy and anger with self and others


Neil
Attack others and self
Get into trouble
Blamed for failure
Can't/won't do
Feel like a 'bastard'
Critical contemptuous
Small humiliated
Angry revengeful
Demands overwhelming
Work: Grandiose schemes
Act out fantasy to avoid painful feelings
Reject & abandon
Angry &contemptuous
Feel trapped by others' need
Find fault with others
Relationships: seek admiration
Extra-Special
Admiring
Admired
Fear won't last

Dan


Other feels manipulated & overwhelmed
Gain reluctant care
Admiring
focused
attentive
Special
admired
safe
perform
Cling & demand
Real self not seen
Relentless performance alienates and evokes attack
evokes rejection
Try to gain admiration 'sparkle'
Unavailable critical
rejecting controlling
ripped apart
needy humiliated
lost small
Feel alone & unloved
To escape humiliation
Loss of care
Yearn for total care


Dream of perfect care
Ideally caring
Ideally cared for
Disappointed
Overwhelmed
Abandoning
Abused
Alone, needy,
Bad, abused, angry
Bingeing & vomiting
Or cutting myself
In touch with feelings
Nobody there
Zombie
Nobody there
Feel nothing
MARY