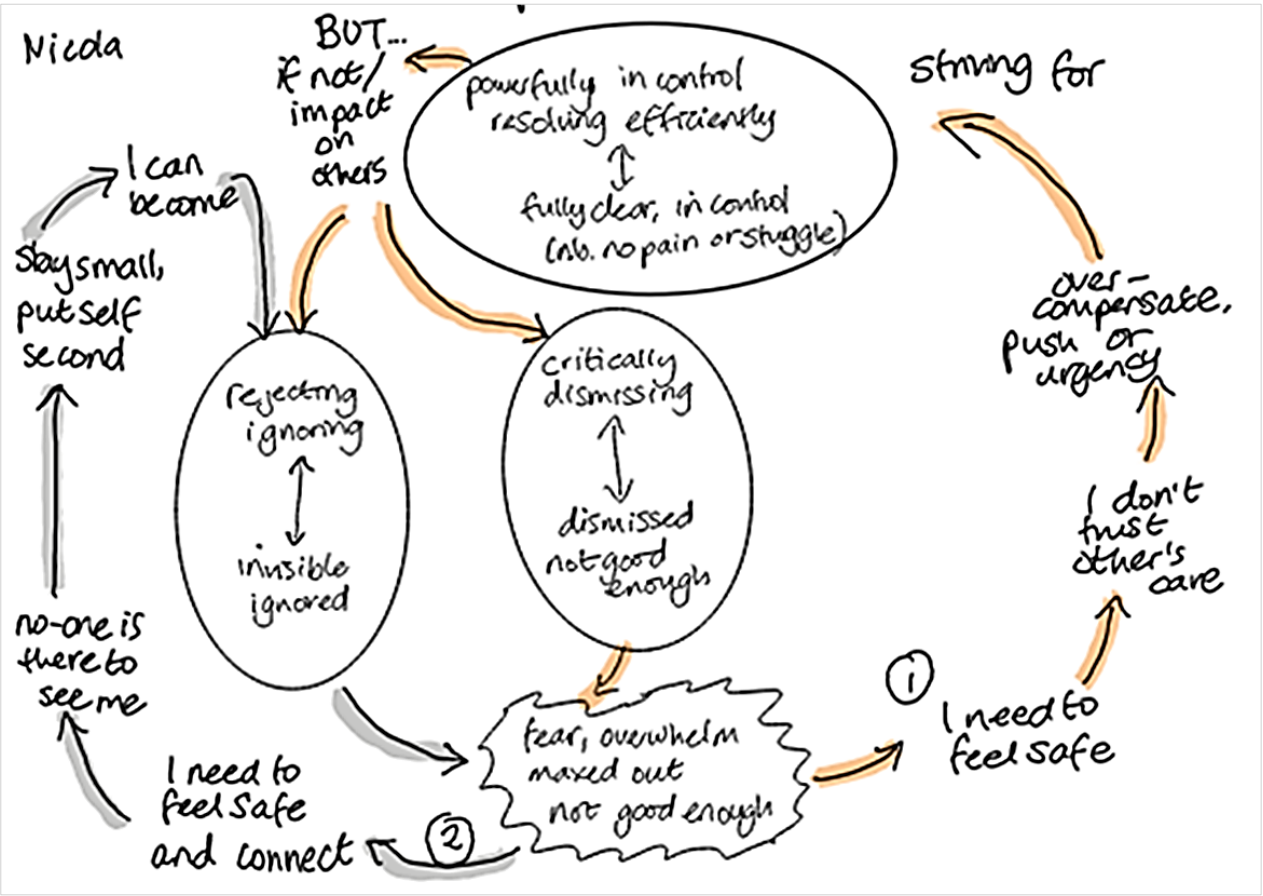
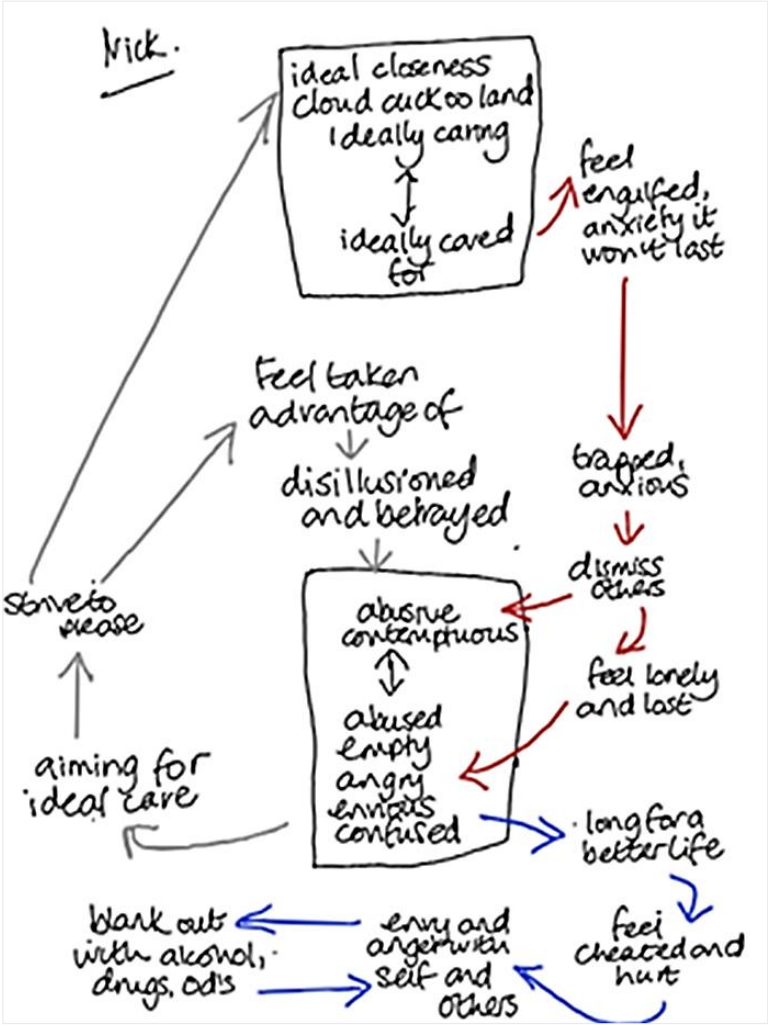
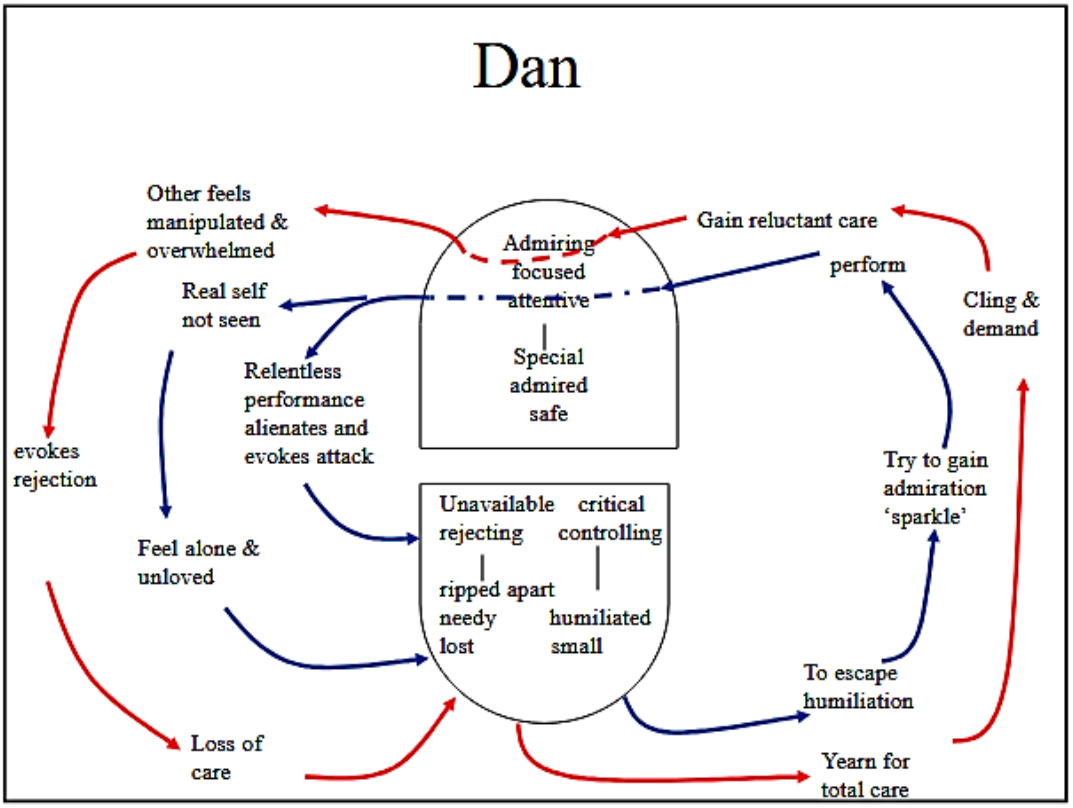
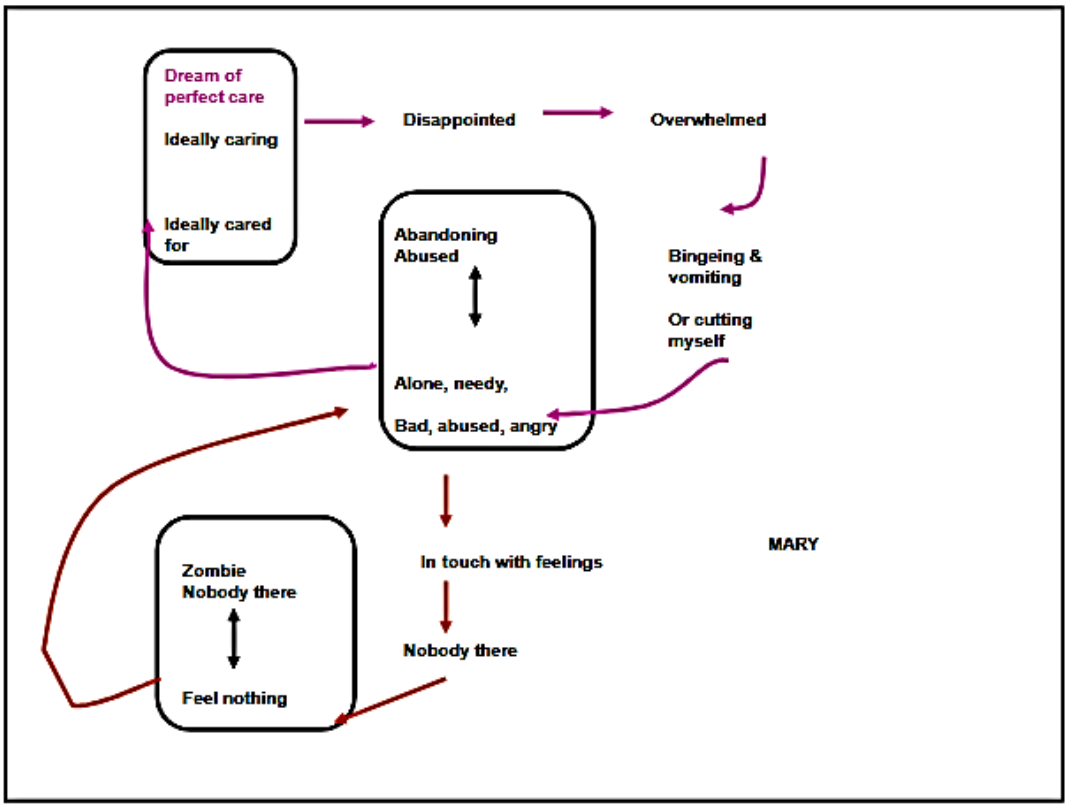

Nicola
BUT... if not/ impact on others
powerfully in control resolving efficiently
fully clear, in control (nb. no pain or struggle)
striving for
I can become
Stay small, put self second
rejecting ignoring
invisible ignored
critically dismissing
dismissed not good enough
over-compensate, push or urgency
I don't trust other's care
no-one is there to see me
fear, overwhelm maxed out not good enough
1
I need to feel safe
I need to feel safe and connect
2


Nick.
ideal closeness cloud cuckoo land ideally caring
ideally cared for
feel engulfed, anxiety it won't last
trapped, anxious
dismiss others
feel lonely and lost
Feel taken advantage of
disillusioned and betrayed
abusive contemptuous
abused empty angry envious confused
striveto please
aiming for ideal care
long for a better life
feel cheated and hurt
envy and anger with self and others
blank out with alcohol, drugs, ed's


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
rejecting
critical
controlling
ripped apart
needy
lost
humiliated
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
Zombie
Nobody there
Feel nothing
In touch with feelings
Nobody there
MARY