

Personality Adaptation	Cons	Rackets	Injunctions	Escape Hatch	Doors	F/C Needs
Enthusiastic-Overreactor	“I Guess” “I Can’t”	Sadness, Confusion, Anxiety, Scare, Guilt Covers: ANGER	DON’T THINK DON’T GROW UP DON’T BE IMPORTANT DON’T BE YOU	Suicide Running Away	F T B	Affirmation of Thinking, Competency
Responsible-Workaholic	“More” “Better” “Be able to”	Anxiety, Guilt, Depression, together with anger and irritation with others Covers: SADNESS	DON’T BE A CHILD DON’T BE CLOSE DON’T BE IMPORTANT DON’T FEEL	Suicide Work to Death	T F B	Affirmation for Being
Brilliant-Skeptic	“Shoulds – Oughts- Need to” of Parent “Be able to” of Child	Anger at others Covers: SCARE of Rejection	DON’T FEEL DON’T BE CLOSE DON’T TRUST DON’T BE A CHILD	Homicide	T F B	Safety
Creative-Daydreamer	Substitute “It” for “I” Use passive vs. active Verbs	Numbness Confusion Covers PASSION	DON’T THINK DON’T BE IMPORTANT DON’T FEEL (angry or excited) DON’T ENJOY; DON’T BELONG DON’T MAKE IT: DON’T GROW UP DON’T BE SANE	Going Crazy	B T F	Responsiveness
Playful-Resister	“I Don’t Know” “But”	Frustration Confusion Covers: HURT	DON’T MAKE IT DON’T GROW UP; DON’T FEEL DON’T ENJOY; DON’T BE CLOSE	Going Crazy	B F T	Cooperation, Support
Charming-Manipulator	Almost every Behavior is a con	Confusion and Anger Covers: HURT, SCARE	DON’T BE CLOSE; DON’T TRUST DON’T MAKE IT; DON’T FEEL (scared or sad) DON’T THINK (to problem solve)	Homicide	B F T	Bonding