

# Motivational Boxes

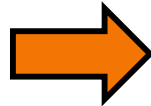
It is not safe to be connected

You are fighting for safety and connection

You have created safety and built connection

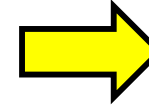
**Compliant**

Fear  
(created by others)  
&  
Blind Trust  
(given to others)



**Defiant**

Protest  
(disagreement)  
&  
Resistance  
(action)



**Authentic**

Acceptance  
(understanding)  
&  
Boundaries  
(safety)

**NorthStar**

Relational  
Consultants

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