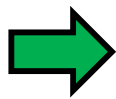


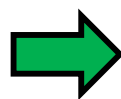
My Escape Cycle

Experience
(Internal or External)

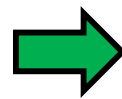
How did I
Exit



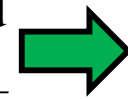
Emotion



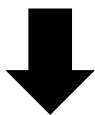
Need



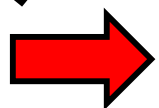
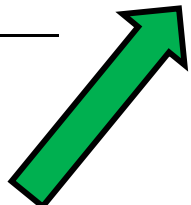
How to
Meet Need



Connection



Pain

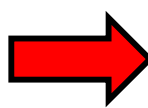


- Historical/Intergenerational
- Interpersonal
- Single-incident
- Vicarious
- Physical/Medical
- Betrayal
- Shame

Escape

Response

- Slip
- Skirt
- Spring



(Incongruent Attempts to Numb/Escape)

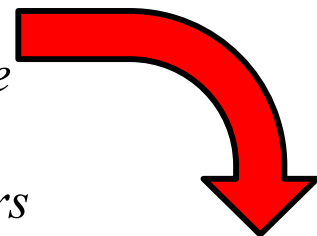
Escape Behavior

Substance

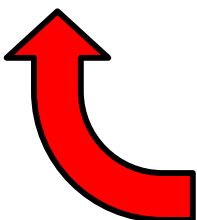
- Drugs
- Alcohol
- Sugar

Process

- Sex/Love
- Eating Disorders
- Gambling
- Shopping
- Gaming
- Adrenaline

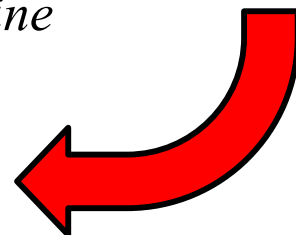


Temporary Benefit



Long-Term Consequences

Shame Message



NorthStar

Relational
Consultants