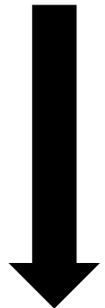


Escape Cycle

Experience
(Internal or External)



Pain

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

Take Exit Ramp → Identify Emotions → Identify Needs → Meet Needs → Connection

(Incongruent Attempts to Numb/Escape)

Escape Response

- Slip
- Skirt
- Spring

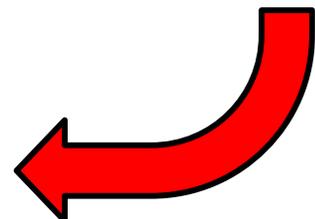
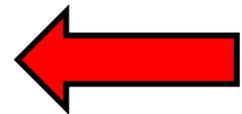
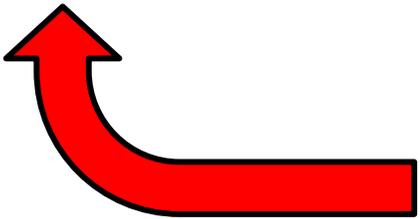
Escape Behavior

- | | |
|------------------|--------------------|
| <u>Substance</u> | <u>Process</u> |
| • Drugs | • Sex/Love |
| • Alcohol | • Eating Disorders |
| • Sugar | • Gambling |
| | • Shopping |
| | • Gaming |
| | • Adrenaline |

Temporary Relief

Fear
Powerlessness
Hopelessness

Shame



NorthStar

Relational
Consultants

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