

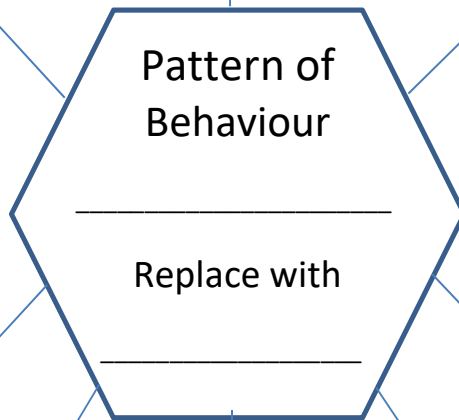
Family of Origin

Family Members

Negative effects

Pay off - what keeps it in play

Direct effect on my life



Triggers

How I feel with this behaviour

How I feel without this behaviour

Plan to re-program
