

ESCAPE CYCLE

EXPERIENCE
INTERNAL OR EXTERNAL

TAKE EXIT RAMP

IDENTIFY EMOTIONS

IDENTIFY NEEDS

MEET NEEDS

CONNECTION

TRAUMA

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

INCONGRUENT ATTEMPTS TO NUMB/ESCAPE

ESCAPE RESPONSE

ESCAPE BEHAVIOR

- Trip
- Skirt
- Leap

- SUBSTANCE**
- Drugs
 - Alcohol
 - Sugar

- PROCESS**
- Eating/food
 - Sex/Romance
 - Gambling
 - Shopping
 - Gaming
 - Adrenaline
 - Work

TEMPORARY RELIEF

FEAR

- Powerlessness
- Hopelessness

SHAME