

# MY ESCAPE CYCLE

## WORKSHEET

### EXPERIENCE

INTERNAL OR EXTERNAL

HOW DID  
I EXIT

EMOTION

NEED

HOW TO  
MEET NEED

CONNECTION

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### TRAUMA

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



### INCONGRUENT ATTEMPTS TO NUMB/ESCAPE ESCAPE RESPONSE

- Trip
- Skirt
- Leap

### SUBSTANCE

- Drugs
- Alcohol
- Sugar

### PROCESS

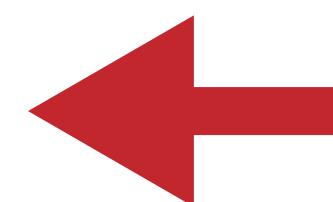
- Eating/Food
- Sex/Romance
- Gambling
- Shopping
- Gaming
- Adrenaline
- Work

### ESCAPE BEHAVIOR

### TEMPORARY PAYOFF



### LONG TERM CONSEQUENCES



### SHAME MESSAGE

