

MY ESCAPE CYCLE

WORKSHEET

EXPERIENCE
INTERNAL OR EXTERNAL

HOW DID I EXIT

EMOTION

NEED

HOW TO MEET NEED

CONNECTION

TRAUMA

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

INCONGRUENT ATTEMPTS TO NUMB/ESCAPE

ESCAPE RESPONSE

- ☐ Trip
- ☐ Skirt
- ☐ Leap

ESCAPE BEHAVIOR

SUBSTANCE

- ☐ Drugs
- ☐ Alcohol
- ☐ Sugar

PROCESS

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

TEMPORARY PAYOFF

LONG TERM CONSEQUENCES

SHAME MESSAGE



CONNECTED *Recovery*™