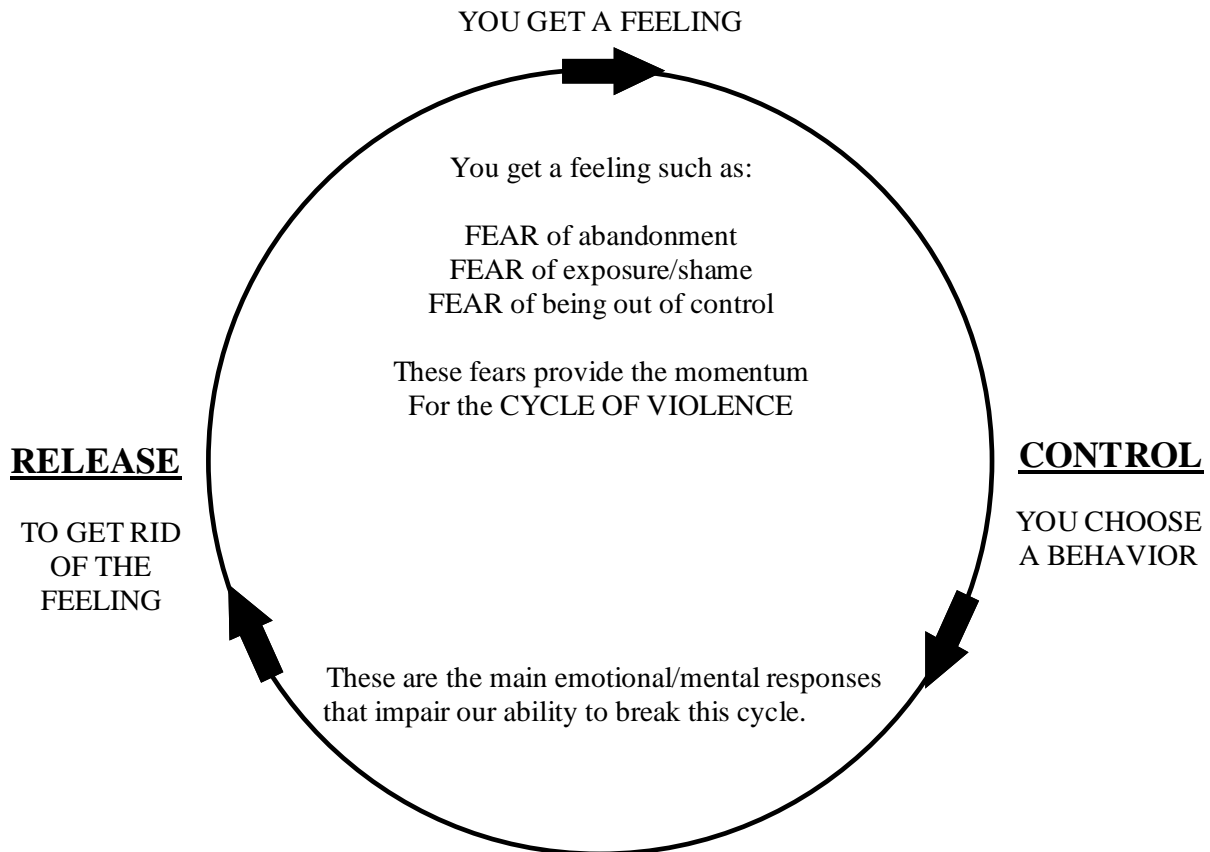


CYCLE OF VIOLENCE / UNMANAGEABILITY



Listed below are behaviors that we may “choose” (not consciously) in order to create **the illusion** that we are fine or that everything is okay. We may also engage in these behaviors while we are in the release phase of the cycle:

<u>Compulsive</u>	<u>Personality Traits</u>	<u>Phobias</u>	<u>Psychosomatic</u>	<u>Abusive behaviors</u>
Dieting	Critical, condemning,	Agoraphobia-	Headaches	Alcohol
Working	complaining	fear of crowds	Backaches	Drugs
Cleaning	Self-righteous,		Asthma/Allergies	Prescription abuse
Saving	Self-centered	Claustrophobia-	Chronic fatigue	Food
Helping	Self-indulgent	fear of being	Fibromyalgia	Spending
	Rigid	closed in		Sex
	Blaming others/ self-blaming	Panic attacks	<i>*Sometimes these things are connected to trauma, sometimes there are other explanations</i>	Physical, sexual, emotional, verbal, intellectual abuse
	Being a victim/posture	Driving		