

# TRACKING THE CYCLE

- Cycle Position**
- Pursuer
  - Burned Out Pursuer
  - Disengaged

- Cycle Position**
- Withdrawer
  - Reactive W/drawer
  - Disengaged

**Behaviors**

**Behaviors**

**Perceptions / Attributions**

**Perceptions / Attributions**

**Secondary Emotions**

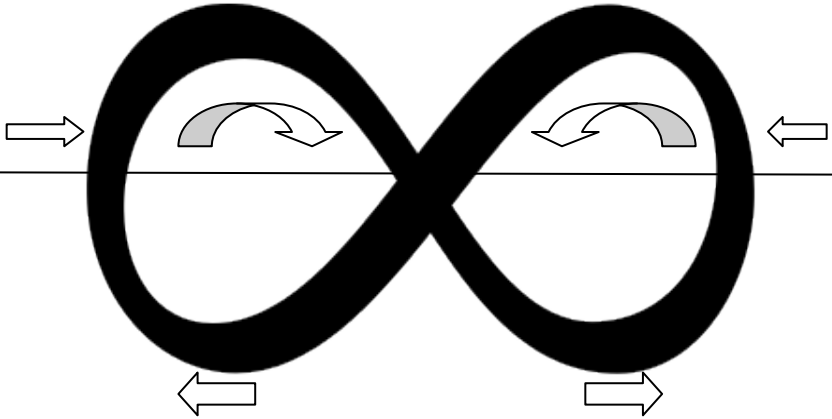
**Secondary Emotions**

**Primary Emotions**

- Hurt
- Alone
- Not Wanted
- Invisible
- Isolated
- Abandoned
- Unimportant

**Primary Emotions**

- Rejected
- Inadequate
- Shame
- Overwhelmed
- Numb/Frozen
- Empty
- Afraid of Failure



<b><u>Unmet Attachment Needs</u></b>		
To Be Seen	Safety, Security	To be Wanted
Contact, Comfort	Connection	To Matter
To be Important	Reassurance	Comfort

<b><u>Unmet Attachment Needs</u></b>		
Acceptance	Appreciation	Safety, Security
Soothing, Calming	Comfort, Cherished	Connected
Value, Needed		