

The Four Phases of Emotional Development



Depending on the stage we are on, we can play anyone of these roles:

<p>The Victim Mentality 20% Energy</p>	<p>ADDICTED CO-DEPENDENCY DEPRESSION DISCONNECTED DESPAIR FEAR</p>	<p>HELPLESS OVERWHELMED SADNESS SHAME UNDER- APPRECIATED</p>
<p>The Villain Mentality 80% Energy</p>	<p>ANGER ANXIETY BULLYING CONTROLLING EXPLOSIVE GUILTY JEALOUS</p>	<p>MANIPULATIVE RECKLESSNESS REGRET REMORSE UNCARING YELLING</p>
<p>The Beginning Hero 80% Energy</p>	<p>ADVENTURE APPRECIATED CARING CAUSES FIGHT OF FLIGHT CHALLENGED CO-DEPENDENCY</p>	<p>COMPETING CONTROLLING CREATIVE EXPERIENCING GETTING GROWING SELF-SACRIFICIAL</p>
<p>The Hero with a Heart 40/40 Energy</p>	<p>ECSTASY EMPOWERING ENGAGING FUN GIVING</p>	<p>INSPIRED JOY LOVE PEACE SIMPLICITY</p>