Personal
Development
School

Glossary of Terms at
The Personal Development School

Below is a list of the most commonly used terms used at PDS.
Easily navigate the document by clicking on the first letter of the term you are looking for.

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A

Action Reprogramming

The process of reprogramming any behavioral patterns that are no longer serving us. Involves understanding the underlying needs that we are trying to meet through the unhealthy behaviors, updating our actions to healthier strategies, and creating new emotional associations (i.e., looking at the upsides of the new strategy and the downsides of the old strategy).

Activating Strategy

Used by Anxious Preoccupied (AP) and Fearful Avoidant (FA) individuals, this is typically an urgent, fear-based strategy (stemming from a trigger / unresolved pain point from the past) used with the goal of increasing closeness or proximity in a relationship. Examples include testing, clinging, trying to make a partner jealous.

Anger

Tends to be a "cover" emotion for deeper hurt. Not negative in and of itself but expressions can be unhealthy. Unhealthy expressions of anger are typically adopted as a coping mechanism to: be seen and heard, get back one's power, and finally set boundaries. (As such, addressing these things in proactive, healthier ways will decrease feelings of anger over time.)

Antisocial Personality Disorder

A personality disorder characterized primarily by a lack of remorse and a callousness / insensitivity to others and their suffering. Extremely cynical. See DSM-V for full diagnostic criteria.

Anxious Preoccupied attachment style
Characterized by seeking proximity and closeness in relationships due to a strong fear of being alone / abandoned / excluded. Rooted in some form of inconsistency in childhood (e.g., one caregiver very present and loving, the other not as much) as well as real or perceived abandonment. The child creates positive associations to connection when it is available (and negative associations to disconnection) and seeks to maintain that connection and closeness.

Types of APs:

- **External expressive**: outwardly more obviously AP (e.g., will actively cling, violate boundaries, etc.)
- **Secure-leaning**: Core wounds are less strong than a traditional AP. Typically have more emotional regulation than other APs but AP side becomes "louder" during the power struggle stage
- **Internal repressive**: Feel their anxiousness / fear of abandonment internally, but are tuned in to the fact that overly AP behavior may push people away; as a result, they adjust to what they think is more appropriate behavior (e.g., may "test" or use passive ways to get reassurance)
- **Socially focused**: Rarer manifestation of AP attachment. These individuals fear abandonment not only in romantic relationships, but equally across friendships, family, etc. They value community, everyone getting along, and their friends liking their partner.

Attachment Theory

Attachment theory is a psychological framework that was developed by John Bowlby in the mid-20th century (and further built on by Mary Ainsworth in later years). It focuses on the bonds and emotional connections that form between individuals, particularly between children and their caregivers. Attachment theory suggests that there is a critical period during which attachment bonds are most likely to form (typically in the first few years of life), and that children develop internal working models of relationships based on these early attachment experiences.

Attachment styles can be broken up into: Anxious Preoccupied (AP), Dismissive Avoidant (DA), Fearful Avoidant (FA), or Secure.

Attraction

Happens on a subconscious level and is typically driven by 3 key factors: The unmet needs that we perceive are or will be met by another person, the traits that the other person brings into our life or brings out of us, and familiarity / how much the person represents our subconscious comfort zone in the relationship to ourselves.

Attunement

How reactive a person is to another's emotional needs and moods. A person who is well attuned will respond with appropriate language and behaviors based on another person's emotional state.

Autosuggestion

A method of belief reprogramming that involves using repetition + emotion to reframe beliefs while in a highly suggestible state (i.e., in alpha or theta brain waves, as in right before sleep or right when you wake up). The process involves identifying a core wound or story to work on and finding 10-15 proofs / pieces of evidence which support the opposite each day. It is important to access specific memories and examples that will elicit positive emotional responses, and to repeat this exercise for 21 days for each core wound or story.

B

Behavioral Coping Mechanisms

The "go-to" strategies that are used to meet needs when in the face of stress and/or trauma. These strategies are filtered through our core wounds / limiting beliefs (i.e., the best way that our mind sees to meet our needs while bypassing our wounds) and our subconscious mind's perception of the quickest way to meet the need. We can update these by understanding the underlying needs, updating our actions to healthier strategies, and creating new emotional associations (i.e., looking at the upsides of new strategy and the downsides of the old strategy).

Belief

An acceptance of something as being true, even though not necessarily proven to be so. Often a thought

seed that is "planted" and repeated so many times (often with emotional associations) that it becomes deeply ingrained in the subconscious mind and is eventually treated by the subconscious mind as truth. Stem from things we repetitively see, hear, and/or experience firsthand.

Belief Reprogramming

Process of questioning beliefs and finding proof of the opposite using repetition + emotion over time. Best tools for this are the Emotional Processing Tool and/or Autosuggestion.

Bid

Any attempt from one partner to another to obtain attention, affirmation, affection, or any other positive connection.

Borderline Personality Disorder (BPD)

A personality disorder characterized primarily by an intense overarching fear of abandonment and lack of a stable sense of self. Self-harm behaviors are also common. See DSM-V for full diagnostic criteria.

Boundaries

Method of conveying to self and others where they end and we begin. They are our way to be seen and heard, and to show people how we want to be treated. Important in maintaining our sense of self and showing others the reality of what we feel comfortable with and what our truth is. We can also set boundaries with ourselves to limit unhealthy patterns. A good way to determine a boundary in a given situation is to ask ourselves: How much time and energy do I feel comfortable giving to the situation in a way that does not feel like a sacrifice to me? Healthy boundary setting is the art of considering yourself when making choices (ideally in real time).

Type of boundaries:
- **Material** (e.g., belongings, finances)
- **Mental** (e.g., thoughts, values, opinions)
- **Emotional** (e.g., separating your emotions and responsibility from someone else's)
- **Physical** – including sexual (e.g., physical space, sexual touch)
- **Time** (spent on tasks)

BTEA

Acronym to remember that our belief patterns (B) lead to our thought patterns (T), and beliefs / thoughts (B/T) lead to emotions (E), which neuroscience has proven drive our actions (A) / behaviors (Beliefs • Thoughts • Emotions • Actions). Therefore, it is important to reprogram our belief and thought patterns – once we do this, everything else will naturally follow.

Burnout

A state of depleted energy that can be caused by a combination of unmet needs, lack of boundaries, and high demands/expectations placed on self.

C

Classical Conditioning

A form of learning whereby a conditioned stimulus becomes associated with an unrelated unconditioned stimulus in order to produce a behavioral response known as a conditioned response. The conditioned response is the learned response to the previously neutral stimulus.

Codependency

Characterized by a person belonging to a dysfunctional, one-sided relationship where one person relies on the other for meeting nearly all of their emotional and self-esteem needs. It also describes a relationship that enables another person to maintain their irresponsible, addictive, or underachieving behavior and can create a form of "addiction" between two people due to unconscious fear and beliefs about self and the other.

Conflict

Stems from a perception of imbalance (e.g., in time, space, energy). Conflict in a relationship can often elicit fears due to early associations; as children we used to lose in conflict and may have felt unsafe or been punished when conflict arose. Conflict is not a bad thing in and of itself; it's the way we deal with it that is healthy or unhealthy. It is important to communicate through conflict because communication allows us to show up for ourselves and also gives others the opportunity to better understand us.

Congruency

A building block of trust; what I say vs. what I do match up.

Conscious Mind

Our "logical, thinking" mind; In charge of ~3-5% of our decisions. Can process 40 bits of data per second (vs. 40 million bits of data per second that the subconscious can process).Source of our thoughts and awareness.

Consideration

A building block of trust; I consider you and your opinions, values, and preferences in my decisions.

Consistency

A building block of trust; I show up in the same way repeatedly over time.

Core Wounds / Beliefs

Fundamental negative beliefs that we hold about ourselves. Core wounds are beliefs that we acquire through past experiences that become a part of our sense of self / the filter through which we see the world. These are the baseline levels of meaning that we give to situations that we cannot properly process (typically in childhood). We often personalize these situations, assume they mean something about us, and

project this meaning onto our current circumstances.

Core wounds form most easily in childhood (esp. 0-2 years old) because we are so suggestible (i.e., our brains are in alpha and theta brainwaves). But, we can also pick up core wounds throughout life, when we are exposed to repetition + emotion.

Coregulation

The process of 2 nervous systems getting in-tune with one another for the sake of regulating both parties / harmonization. On a behavioral level, it's the ability / willingness to take our partners' needs and experiences into consideration to adapt our behavior for the outcome of harmony between 2 people – helping them soothe and vice versa.

D

Dark Triad

A 'classification' system to assess where people stand on a scale of negative personality traits - Machiavellianism, Narcissism, and Psychopathy. Attempts to represent traits that are not covered in the Big 5 (Five Factor Model to "measure" personality): Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism; it is another way of understanding personality.

Deactivating Strategy

Used by Dismissive Avoidant (DA) and Fearful Avoidant (FA) individuals, this is typically an urgent, fear-based strategy (stemming from a trigger / unresolved pain point from the past) used with the goal of creating space / distance from others. Examples include flaw-finding, blaming, projecting fears onto the other person. Often stems from deeply rooted, subconscious fears around vulnerability and/or intimacy.

Disassociation

The feeling of being disconnected or separated from ones' self, especially as a means for coping with or escaping from a stressful situation. We disconnect from our emotions and our body because we are afraid to feel – usually because we've had traumatic, painful experience(s); our emotions feel unsafe and we're trying to escape our disruptive thoughts and feelings.

Dismissive Avoidant Attachment Style:

Characterized by seeking space and independence in relationships. Rooted in emotional neglect in childhood. The child creates negative associations to seeking connection (as it causes pain to not receive care from their unavailable caregivers) and learns to repress emotional needs and rely on self to meet survival needs.

Types of DAs:

- **Leaning FA**: Primary experience of emotional neglect, with secondary experiences of chaos or instability that create an FA lean

- **Extroverted / Social**: Typically has high personality needs around social connection, community, etc. – but thrives off many connections that are surface level vs. connections that are deeper; kind of a social butterfly
- **Enmeshed**: Primary experience is emotional neglect, with a secondary wound of indirect enmeshment / requirement to be attuned to someone else's pain or suffering (e.g., taking care of a depressed parent / worrying about a parent that isn't well)
- **Traditional**: Often experiences covert emotional neglect (i.e., basic needs are met, no chaos at home, but emotions were not seen or encouraged). Don't often feel comfortable talking about emotions
- **Extreme**: Exhibits much more magnified characteristics of a DA, typically due to more obvious / overt neglect (not just emotion but often physical as well)

Dopamine

Released when your brain is expecting a reward. When you come to associate a certain activity with pleasure, mere anticipation may be enough to raise dopamine levels.

E

Earned Secure Attachment Style

Individuals can become Earned Secure by reprogramming their attachment style from any of the insecure styles to a secure attachment, using Integrated Attachment Theory tools. (See "Secure attachment style")

Emotional Inferences

The brain's ability to read between the lines and make meanings of our experiences. We hold onto inferences and project them onto the world to protect ourselves and avoid repeating pain or negative experiences.

Emotional Processing Tool

A method of belief reprogramming that involves using repetition + emotion to reframe beliefs. The process involves identifying a triggering situation, isolating the associated core wounds, and finding at least 2-3 proofs / pieces of evidence which support the opposite of those core wounds. It is important to access specific memories and examples that will elicit positive emotional responses, and to repeat this exercise whenever triggered and/or at the end of each day to ensure that emotional experiences that we face are properly processed and resolved.

Emotions

Emotions occur in the subcortical region of the brain – the amygdala regulates the release of neurotransmitters essential for memory consolidation, which is why emotional memories can be so strong and long-lasting. Emotions are always giving us feedback, with negative emotions guiding us to a problem and asking us to address it. (E.g., painful emotions often let us know that we are telling ourselves negative stories and/or that we have an unmet need to address.) Neuroscience has shown that all of our actions are driven by emotions (see "BTEA").

Enmeshment

A psychological term that refers to blurred, weak, or absent boundaries between people – often occurring in families or romantic relationships. Often associated with beliefs that we are responsible for someone else's feelings and/or fears of hurting other people.

Envy

A feeling that may arise when you see someone having what you yearn for; Often provides feedback around things we may be repressing within ourselves (when another person expresses them). Can be seen as a longing for the lost parts of ourselves and points to traits that we should work to integrate.

Equilibration

The process of finding proof / evidence of the opposite of our negative beliefs, in order to balance / equilibrate our thinking (and, thus, reprogram the beliefs). It is important to access specific memories and examples that will elicit positive emotional responses, and to repeat this often (as repetition + emotion is what reprograms).

Expectations

Needs that we have not yet communicated – they are not necessarily right or wrong, but when expectations are not communicated as needs or desires and we assume that our partner should be able to mind-dread, it can create conflict and become problematic.

Exposure-response Reprogramming

A method to overcome fears by getting slow exposure to them over time. We do this by taking a small step toward the fear each day/few days and building new, positive associations with each exposure. By doing this you replace old associations with new, positive ones.

F

Fearful Avoidant Attachment Style

Characterized by "hot and cold" behavior in relationships. Rooted in a chaotic childhood (often with some form of abuse and more overt trauma than other styles). The child's experiences with caregivers are very unpredictable, with connection eliciting positive emotions at some times and negative emotions at other times. As a result, the child struggles to establish a consistent, organized attachment strategy. (This is why Fearful Avoidants are also referred to as "Disorganized attachment style" or "Anxious-Avoidant".) This results in these individuals exhibiting features of both the Anxious Preoccupied style (i.e., seeking proximity and wanting closeness in relationships) as well as the Dismissive Avoidant style (i.e., simultaneously fearing that connection and the negative emotional associations associated with it.

Types of FAs:

- **Volatile**: The "traditional" FA, typically associated with more trauma, chaos, and distrust; will externally

express anger, often after repressing for some time the things that bother them.

- **Control-oriented**: High-achieving FA that may be rooted in less trauma; may not be as outwardly volatile as the Volatile FA but still deeply feel their emotions internally. Very controlling of self / puts a lot of pressure on self and tends to associate "perfection" with safety because making mistakes was associated with strong punishment.
- **Internal experiencing**: Tend to repress needs because they don't feel like they will be met; governed more by fear of expressing / fear of consequences. May be passive-aggressive and/or also struggle most from health /somatic issues as a result of repressing.
- **Leaning anxious**: Spend more time in their anxious side / have a strong abandonment wound (but still also have typical FA wounds around betrayal/suspicion and have the ability to strongly push away/pull back when feeling hurt).
- **Leaning dismissive**: Spend more time in their avoidant side / have a strong defective and/or trapped wound (but still also have typical FA wounds around betrayal/suspicion and have the ability to strongly cling when fearing disconnection).

G

Gaslighting

A form of psychological manipulation, where a person's truth is invalidated or denied with the intent of instilling self-doubt and confusion. Can often cause an individual to question their own memory and/or sanity.

Golden Shadow

Traits that we have positive associations with, but that we are not consciously aware of within ourselves / are subconsciously repressing due to conditioning from childhood that we do not possess or have access to these traits. Often identified by attraction and/or limerence toward others who express these traits. Can lead to putting these individuals on a pedestal and strong fears around losing or disappointing them.

Gray-rocking

To present / act like a gray rock - i.e., be boring, show no emotionality (neither good nor bad). This is the best way to interact with a narcissist, to avoid giving them any "supply" or power over your emotional state. Requires reprogramming of any underlying core wounds in order to be truly effective (otherwise, the narcissist is likely to pick up on microexpressions that suggest they are affecting you / triggering you).

H

Hypervigilance

A common adaptation for Fearful Avoidants, who tend to be raised in chaotic, unpredictable households, hypervigilance is an adaptive strategy whereby an individual learns to become hyper-attuned to changes in their environment and the patterns of behavior of those around them. It is essentially a subconscious

attempt to read between the lines in order to pick up on changes in patterns and micro expressions around them so that they may prepare for otherwise unpredictable circumstances (thus achieving a sense of safety and control).

Note that APs may also have hypervigilance, but for these individuals, it tends to be geared toward detecting abandonment threats.

I

Integrated Attachment Theory (IAT)

A body of work trademarked by Thais Gibson that overlaps traditional attachment theory with 6 factors that show up uniquely for each attachment style. We work towards secure attachment by using results-oriented tools to address each component:

A)   Core Wounds & Belief Patterns
B)   Needs & Expectations
C)   Emotional Patterns (BTEA/NEA)
D)   Relationship to Boundaries
E)   Communication Patterns
F)   Behavioral Coping Mechanisms
(See separate glossary entries for each of the above)

Interdependence

The ability to equally rely on others and self in a relationship. Characterized by two-way interactions where both parties are willing to give and receive their needs being met (but can also meet needs on their own).

J

Jealousy

Emotional response related to a fear of loss of / perception of a threat to connection or another high-priority need. May also indicate lack of trust. People who rely heavily on relationships to get their needs met and/or have a core wound of not feeling good enough, combined with a high need for certainty, tend to feel jealous more often. Ultimately a trauma response.

L

Learned Helplessness

Occurs when an individual faces negative, uncontrollable situations repetitively and essentially "learns" / perceives that they are helpless to change these circumstances. They adapt by ceasing to try to change their circumstances, even when they objectively have the ability to do so. (More common among Dismis

sive Avoidants.)

Limerence

Strong, unsustainable attraction that is akin to addiction to a person. Results in destabilization and an element of feeling out of control (like you can't stop thinking about the person or can't go about your normal life even though you want to). Typically includes obsessive thoughts and fantasies. There is a desire to form or maintain a relationship with the object of the limerence and to have one's feelings reciprocated.

Love Languages

Established by Dr. Gary Chapman in his book *The 5 Love Languages: The Secret to Love That Lasts*, our love languages are the ways that we prefer to give and receive love. They are:
- Words of affirmation
- Quality time
- Physical touch
- Acts of service
- Gifts

Note that primary love languages for FAs tend to be: quality time and physical touch. DAs tend to give love in acts of service and/or gifts, and tend to prefer to receive words of affirmation. APs tend to prefer physical touch, followed by words of affirmation and/or quality time.

M

Machiavellianism

Not a formal diagnosis; personality traits describing someone who manipulates and exploits others for their own goals. Centers around lying, deceiving, exploiting, doing what one can do to get their way; rooted in manipulation.

Manipulation

Any unhealthy, indirect method used as a means to try to get needs met. Typically used when we are afraid to express needs in healthy ways (and so resort to indirect / manipulative strategies).

Mindfulness

A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and observing one's feelings, thoughts, and bodily sensations without trying to change them.

N

Narcissistic
Description of traits associated with Narcissistic Personality Disorder (NPD), but used when an individual

does not meet the criteria for a formal diagnosis.

Narcissistic Personality Disorder (NPD)

A personality disorder characterized primarily by a sense of self-importance and/or grandiosity, entitle-ment, need for admiration, and lack of empathy. See DSM-V for full diagnostic criteria.

NEA

Acronym to remember that the degree to which our needs are met or unmet (N) has a direct impact on our emotional state (E), and neuroscience has proven that emotions drive our actions (A) / behaviors. (Needs • Emotions • Actions.) Therefore, it is important to have proactive, healthy strategies and habits to get our needs met regularly in order to ensure our ability to thrive emotionally and avoid self-sabotage.

Nervous System Regulation

A regulated nervous system is one that is regularly in parasympathetic mode. This refers to a nervous system state that allows us to "rest and digest" / be relaxed at a deep neurological level. Daily habits such as meditation, breathing exercises, mindfulness, and stretching can help us more easily live in this state, through repetition over time.

Neural Pathway

A series of connected neurons (nerve cells) that send signals and communicate information from one part of the nervous system to other areas.

O

Obsessive-Compulsive Disorder (OCD)

Compulsions such as OCD are rooted in unhealthy attempts to try to meet unmet needs (usually related to control or safety) that are very deeply unmet elsewhere in the person's life. There may also be narratives surrounding the person's ability to get these needs met in healthier ways. So, the subconscious resorts to more "desperate" and random strategies to get the need met (e.g., checking the stove many times to give a sense of safety, etc.).

Oxytocin

Otherwise known as the love hormone, it is released by the pituitary gland and is responsible for human behaviors associated with relationships and bonding.

P

Pain (vs. Suffering)

Pain is typically a signal of an unmet need (while suffering is more intense and created due to stories that we have about the situation and/or unmet need). Pain typically manifests as a <5 intensity trigger on a scale

of 1 to 10.

Parasympathetic Nervous System Mode

A nervous system state often referred to as "rest and digest" mode. This references a state of being where we are calm and the nervous system is relaxed / downregulated. The parasympathetic nervous system conserves the body's energy as it slows the heart rate, increases intestinal and gland activity, and relaxes sphincter muscles in the gastrointestinal tract.

Parentification

The process of role reversal between child and parent, whereby a child is obliged to act as parent to their own parent (physically, emotionally, or both), often at a very young age.

Parenting Styles

Various styles that may be seen as patterns among parents when raising their children. These are:
- **Authoritarian**: Parenting style that uses phrases like "because I said so" as the reason for rules. Children are expected to blindly obey without questions. They are typically not allowed to have or voice their opinions. Kids are often "seen but not heard".
- **Authoritative**: Parenting style characterized by discussing and explaining rules to children, and some openness to having give-and-take discussions and modifying rules if appropriate. Children are taught to think critically about the reasons behind each rule. Because kids with authoritative parents can speak their mind and participate in decision making, they are more assertive and have higher self-esteem.
- **Uninvolved**: Parenting style also sometimes referred to as neglectful parenting; it is a style character-ized by a lack of responsiveness to a child's needs. Uninvolved parents make few to no demands of their children and they are often indifferent, dismissive, or even completely neglectful.
- **Permissive**: Parenting style characterized by "spoiling" a child and not presenting boundaries or rules. These parents may give into children's requests as a means to quiet or appease them.

Perfectionism

An adaptation to trauma that is often the result of punishment and being shamed for mistakes. Often leads to all-or-nothing thinking, catastrophizing, and controlling others' perceptions. Often linked to safety (e.g., "I have to be perfect to be safe" or "…to be loved"), as associations are often made between making mis-takes and severe punishments and/or disconnection.

Personality Needs

Things that we value as humans and that, when met, allow us to thrive. Our biggest needs are defined by where we had the biggest voids in childhood + the strategies to meet those needs with which we have the most positive associations.

Projection

The experience of taking a stored belief and assuming its accuracy as we interact with our current external environment. (E.g., If you have a core wound of feeling not good enough, you will assume this is true and

show up in the world in a way that reflects this internal reality. The reality inside of you determines how you experience the world around you because we see and interact with the world through this lens.)

Psychopathy

Subgroup of Antisocial Personality Disorder that is more genetic / biologic in nature (i.e., individuals born with a small amygdala).

R

Reparenting

A form of action reprogramming whereby we give ourselves the things that we were missing from our own parents or caregivers in childhood. (E.g., What did you need from your caregivers in childhood? How did you want them to speak to you? How did we want them to treat our emotions?)

Repression

Burying emotions, traits, or anything else about ourselves or our experience that we have been conditioned to believe is not "good" or acceptable. (E.g., if we have been conditioned to believe that expressing emotions is weak, then we will repress our emotions and their expression.)

Resentment

A negative emotional reaction that typically stems from a lack of communication about unmet needs. We also tend to be resentful of things that we keep alive in the relationship to ourselves. (E.g., if we constantly criticize ourselves in our internal dialogue, we are more likely to resent when others criticize us.) We may also be resentful of people who express traits that we have repressed within ourselves.

Reticular Activating System (RAS)

A mechanism in our brain that works to continuously filter information based on our programming. It works on behalf of our beliefs and needs to take in information that reflects what it perceives as relevant (e.g., things in the external world that reinforce / support our beliefs and/or are relevant to our Personality Needs).

Retraumatization

The process of reinforcing some earlier trauma by continuing to cope with it and projecting it onto the external world, instead of reprogramming the unhealthy underlying beliefs and meeting the underlying needs. E.g., APs continually fear abandonment and, thus, may continue to retraumatize themselves by seeking to soothe through others rather than reprogramming the abandonment wound and working on meeting needs for connection with themselves. DAs continually fear others seeing their perceived defectiveness and, thus, may continue to retraumatize themselves by hiding their true selves / withdrawing to soothe rather than reprogramming the defectiveness wound and working on coregulating with others.

Rumination

The process of continually mulling over the same situation(s) in one's mind, as the subconscious brain tries to draw attention to unmet needs. Beliefs that we have or create around the unmet needs can cause additional distress.

S

Secure Attachment Style

Characterized by a sense of comfort with both space and proximity in close relationships. Securely attached individuals are typically naturally attuned to their partners and are able to relate in an interdependent way that is neither overly dependent on, nor overly independent from their partner. Communication and conflict resolution come naturally to these individuals and do not elicit painful stories or associations. Typically associated with conscious or authoritative parenting styles and rooted in consistency, presence, and a sense of safety.

Self Identity

The perception and beliefs that we have about ourselves as individuals – including getting clear on our values, morals, interests, standards, non-negotiables, etc.

Self Love

The practice of taking loving actions toward ourselves not only when we do something well but unconditionally; treating ourselves as worthy of love no matter what.

Self Sabotage

There is no such thing as true "self-sabotage", as everything we do is just a subconscious strategy to get specific needs met. "Self-sabotage" exists when we have subconscious fears or needs that outweigh the conscious mind's desires. In other words, we self-sabotage when our subconscious mind wants to meet different needs than our conscious mind. When the brain does not have effective strategies to do this, it goes for the fastest way (not necessarily the best / healthiest way), which may manifest as self-sabotage.

Self Soothing

The ability to comfort oneself when unhappy or distressed.

Serotonin

Neurotransmitter believed to help regulate mood and social behavior, appetite and digestion, sleep, memory, and sexual desire and function.

Shadow

Any hidden traits within ourselves that we are not consciously aware of and are subconsciously repressing due to negative associations from childhood. A shadow can be created when we are conditioned to disown

certain traits as being "bad" or when we are conditioned to believe that we do not possess or have access to certain "positive" traits (and pursuing these traits actually elicits a painful emotional experience). Depending on whether we have positive or negative associations with a particular trait over time, the trait either turns into a "negative" shadow (i.e., a charged judgment that we carry about others who express this trait) or a "golden" shadow (i.e., attraction, limerence toward others who express this trait).

Shame

Emotional state associated with a negative evaluation of the self; most often associated with the "I am defective" core wound. Often results in withdrawal / "hiding" self, and feelings of distress, fear of being seen, powerlessness, and/or worthlessness.

Sociopathy

Subgroup of Antisocial Personality Disorder that is more environmental in nature (e.g., individuals who undergo extreme trauma).

Somatic Processing

A method of regulating our nervous system in highly triggered moments that involves: 1) Stopping to notice / witness / be present with the sensations in our body, 2) Describing the sensations (e.g., coldness in hands, heaviness in chest, etc.), and 3) Labeling the associated emotions. As a bonus step, the sensations can be equilibrated to create relief by visualizing the opposite of any given sensation (e.g., sunshine warming the hands, lightness in the chest, etc.).
Note: It is important to do emotional processing (ideally via Emotional Processing Tool) after the somatic processing, in order to complete equilibration at the deeper root (belief) level, as somatic processing is largely addressing the symptoms.

Subconscious Comfort Zone

The patterns within ourselves that reflect familiarity, comfort, (and therefore safety). This is essentially made up of conditioning from our past (e.g., how we were treated in childhood) that we end up reliving in the relationship to ourselves in adulthood. This comfort zone constitutes the things that make us feel most comfortable most quickly in relationships, but may not always be healthy. (E.g., if we were treated as being unworthy of love in childhood, this will be our subconscious comfort zone and we will subconsciously be drawn to relationships that reflect this, as it will feel familiar. We will reject unconditional love because it will feel unsafe on a deep level, even if this is something we consciously want for ourselves.)

Subconscious Mind

Of or concerning the part of the mind that we are not fully aware of on a day-to-day basis, but which influences our actions and feelings. This is the part of the mind that lies just beneath our conscious awareness, until we reflect and pull it to the surface of the conscious (thinking) mind. The subconscious works on behalf of maintaining our patterns to recreate what has ensured our survival to date (even if these patterns are not the healthiest).

Suffering (vs. Pain)

Pain is typically a signal of an unmet need (while suffering is more intense and created due to stories that we have about the situation and/or unmet need). Suffering typically manifests as a 5+ intensity trigger on a scale of 1 to 10 and is often rooted in negative stories that we tell ourselves about our experiences or unmet needs. The intensity of the suffering will be in proportion to the number of stories told about the situation.

Sympathetic Nervous System Mode

A nervous system state often referred to as "fight or flight" mode (or, more accurately: "fight, flight, freeze, or fawn" mode). This references a nervous system state where we are on high alert and the nervous system is stressed / upregulated. The sympathetic nervous system is designed to react to dangerous situations and directs the body's rapid involuntary response to dangerous or stressful situations (e.g., a flash flood of hormones boosts the body's alertness and heart rate, sending extra blood to the muscles).

T

Tertiary Needs

The moment-to-moment strategies that we use to meet our Personality Needs. (E.g., A Personality Need for exploration can be met via Tertiary Needs such as traveling, learning about new topics, etc.).

Thought Reprogramming

The process of observing and questioning painful thoughts in real time to reframe and reprogram them. The first step is to stop negative thoughts in their tracks by internally saying "cancel, cancel" (an NLP pattern-interruption technique). Then, take a moment to observe the painful thoughts and question them by looking for reframes and proof of otherwise / contrary evidence to support that some other possibility may be true.

Trauma

Constitutes anything that should have happened to/for us but did not, or anything that should not have happened but did happen. In the context of attachment, trauma refers to adverse interpersonal experiences occurring in early childhood that are repetitive, chronic, and exist between child and caregiver.

Trigger

An external event, situation, or circumstance that produces uncomfortable emotions. A trigger essentially "pushes on" stored and unprocessed emotions that we already carry inside of us, related to core wounds / beliefs from our past. When something upsets us in the present moment, we experience the current emotions plus all of the stored, unprocessed emotions that are related to that particular wound from the past. (E.g., if you had critical caregivers and carry a core wound of "I'm not good enough", then circumstances in the present moment may be interpreted through this lens and create a trigger.) We may consciously know that our interpretation is not correct, but if we feel a strong emotional response regardless and do not understand why, this signifies a trigger.

relief; in turn, this may trigger their partner's 'I am trapped' wound. This may cause them to pull away, further triggering the first partner's abandonment wound.

Or, if one partner has a fear of betrayal, they may resort to anger, criticism, or shaming their partner to find relief; in turn, this may trigger their partner's "I am unsafe" or "I am defective" wound. This may cause them to pull away from the connection, further triggering the first partner's feeling of being betrayed.

U

Unconscious Mind

The part of the mind which is inaccessible; the deep recesses of our past, memories, and associations. This is also the part of our mind that is in control of maintaining physiological processes such as breathing, beating of the heart, etc.

# #

5 Levels Of Closeness In Relationships

- **Level 1** = no contact
- **Level 2** = minimal contact; texts or maybe some calls once in a while. Communications are brief and as-needed (e.g., co-parenting)
- **Level 3** = more regular contact (e.g., maybe monthly) but nothing too deep or personal; more superficial shares
- **Level 4** = sharing about your personal life and seeing the person regularly; basically a good friend
- **Level 5** = very close relationship where you really share all the deepest things (e.g., a healthy romantic partnership)

6 Basic Human Needs

The fundamental needs that we all have as humans (to varying degrees):
- Love and connection
- Growth
- Significance (related to finding meaning and purpose in life; also associated with needs of approval, attention, validation, power)
- Contribution (related to the need to give, share, and/or contribute to society and the people around you)
- Certainty (often related to safety)
- Uncertainty (related to novelty, change, stimulation)

6 Stages Of A Relationship

- **Dating** – the "getting to know you" stage, characterized (in a secure relationship) by both people getting to know each other and vetting each other.
- **Honeymoon** – the stage of relationship associated with a high flood of infatuation-inducing neuro-chemicals like oxytocin and dopamine, which create positive emotional associations. We often hold our

partner in high esteem during this stage and perceive that they cannot do any wrong. This is also the between their own and their partner's priorities, needs, and preferences. For insecure attachment stage of relationship where some form of commitment is made to the relationship (e.g., exclusivity or primary partnership).

- **Power Struggle** – the stage of relationship where partners become more comfortable with each other and the idealization that comes with the honeymoon phase begins to wear off. This stage is often characterized by increased conflict as parties in the relationship drop their masks and try to find a balance styles, this stage can last years or even decades, as these individuals often struggle with healthy conflict communication and resolution strategies.
- **Stability** – a period of calm after the power struggle stage
- **Commitment** - the stage of relationship where a long-term commitment (e.g., marriage) is made
- **Bliss** – the last stage of relationship, which mirrors the Honeymoon stage; however, at this point, the "honeymoon" aspect is much more sustainable and stable as, having gotten through the Power Struggle stage successfully, partners have gotten to know each other on a much deeper and more genuine level.

7 Areas Of Life

- **Mental** – anything related to thoughts, beliefs, opinions, ideas, philosophies, learning, etc.
- **Emotional** – anything related to how we treat our emotions, how we soothe, how attuned we are to the feelings of self and others, how we regulate
- **Physical** – anything related to our physical body; can be in terms of health (e.g., how we treat our body, eat, sleep/rest, exercise/movement), appearance, or sexuality
- **Spiritual** – anything related to a relationship with God / higher power / religion / set of spiritual beliefs; note that this area of life can also focus simply on the morals and values that we live and abide by (e.g., forgiveness, honesty, integrity, etc.)
- **Career** – anything related to job, career, mission, and vision
- **Financial** – anything related to money; including how we save, budget, and invest, as well as our financial goals, patterns, and limiting beliefs about money
- **Relationships** – anything related to attachment patterns, how we communicate and interact with people in relationships, how we present our needs and meet other people's needs, etc. Can be further split into the following 3 categories:
  - Family
  - Friendship
  - Romantic