

# Escape Cycle

Experience (Internal or External) → Take Exit Ramp → Identify Emotions → Identify Needs → Meet Needs → Connection

(Incongruent Attempts to Numb/Escape)

Escape Response

Substance

Escape Behavior

Process

- Slip
- Skirt
- Spring

- Drugs
- Alcohol
- Sugar

- Sex/Love
- Eating Disorders
- Gambling
- Shopping
- Gaming
- Adrenaline

Temporary Relief

Fear

Powerlessness  
Hopelessness

Shame

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