

# My Escape Cycle

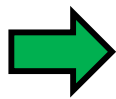
Experience  
(Internal or External)

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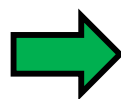
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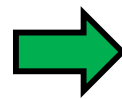
How did I  
Exit



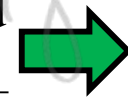
Emotion



Need



How to  
Meet Need



Connection

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\_\_\_\_\_

(Incongruent Attempts to Numb/Escape)

**Pain**

Escape

Response

- Slip
- Skirt
- Spring

Escape Behavior

Substance

- Drugs
- Alcohol
- Sugar

Process

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

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

Temporary Benefit

Long-Term  
Consequences

Shame Message

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