


How We Start Out	Common Influencers	1 Wounded Child (WC) Unhealthy and dysfunctional	2 Adult Adaptive Child (AC) Unhealthy and dysfunctional; the AC is also known as the "Rebellious teenager."	3 Functional Adult (FA) Healthy and functional
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<p>As babies, we are blank slates except for our DNA and personality.</p> <p>The fundamental truths about us at birth are that we are . . .</p> <p>Valuable Vulnerable Imperfect Dependent Spontaneous</p>	<p>The fundamental truths will soon shift from the child's perspective due to external influences like . . .</p> <p>Religion Family Culture Education Media Peers . . . and many more</p> <p>This is part one of the codependent personality.</p> <p>The WC is the container for all our shame-filled thoughts and feelings.</p>	<p>We take on shame and start beating ourselves up at a very early age.</p>  <p>Container of Wounds</p> <p>Our shame has a voice and tells us:</p> <p>"I'm not good enough." "I'm not smart enough." "I'm defective." "I don't fit in."</p> <p>Our body stores up and contains all the hurts and wounds of our life where we felt not good enough.</p> <p>This is part two of the codependent personality.</p> <p>When you have a shame attack, the response is from the AC and is called a TRAUMA REACTION.</p>	<p>Characteristics:</p> <p>Arrogant Aggressive Addict Protective Hellraiser Super mature Attacks Defends Shuts down Walks away Unfazed Punished Uncooperative Pouts</p>	<p>Characteristics:</p> <p>Loving Reasonable Authentic self Curious Confident Courageous Compassionate to self and others.</p> <p>Emotional intimacy and connection are only found here.</p> <p>This is part three of the codependent personality.</p> <p>The initial definition of recovery is in how you react to shame attacks.</p> <p>The goal is to bypass the AC and respond 51% of the time out of the FA.</p>
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Because we don't like ourselves, we create a false persona— "This is who I *think* I should be."

Pleasers, perfectionists, overachievers, caretakers, knights in shining armor