

The Pain Chart in Restoration Therapy

Who Am I?
(The Basic Question of Identity)

Is it Safe?
(The Basic Question in Relating)

VIOLATION OF LOVE AND TRUSTWORTHINESS

I Would QUESTION who I am.

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I Would QUESTION if I were safe.

PAIN AND STRESS AND I WOULD FEEL THINGS LIKE...

**Unloved, Unworthy, Insignificant, Alone, Worthless, Unknown, Inadequate,
Unacceptable, Hopeless, Unwanted, Disconnected, Defective, Unsafe, Powerless,
Out of Control, Controlled, Insecure, Devalued, Invalidated, Vulnerable, Failure,
Not Measuring Up**

I Would React in Ways Harmful to Myself and My Relationships By....

BLAMING OTHERS

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**Blame Others, Rage,
Angry, Sarcastic,
Aggressive, Arrogant,
Threatening, Retaliatory,
Holds Grudges, Punishes,**

SHAMING SELF

**Depressed, Negative,
Anxious, Inconsolable,
Manipulative, Needy,
Whiney, Egocentric
Isolative, Pouts**

CONTROLLING LIFE

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**Perfectionistic, Performing,
Defensive, Demanding,
Intellectualizing, Critical,
Lecturing, Judgmental,
Over-Controlling**

ESCAPING LIFE

**Escape, Irresponsible,
Numbed, Avoidant,
Selfish, Minimizing,
Addictive Behavior,
Impulsive, Withdrawing**