

The Vicious Cycle of Shame-Based Distorted Beliefs

A triggering event occurs.

You default to shame-based beliefs.

You feel emotionally activated.

You react impulsively.

You experience consequences.

You feel shame.

You re-stabilize yourself.

Controller
Blamer
Downer
Love-Dependent

The Vicious Cycle of *Pride - Based* Distorted Beliefs

