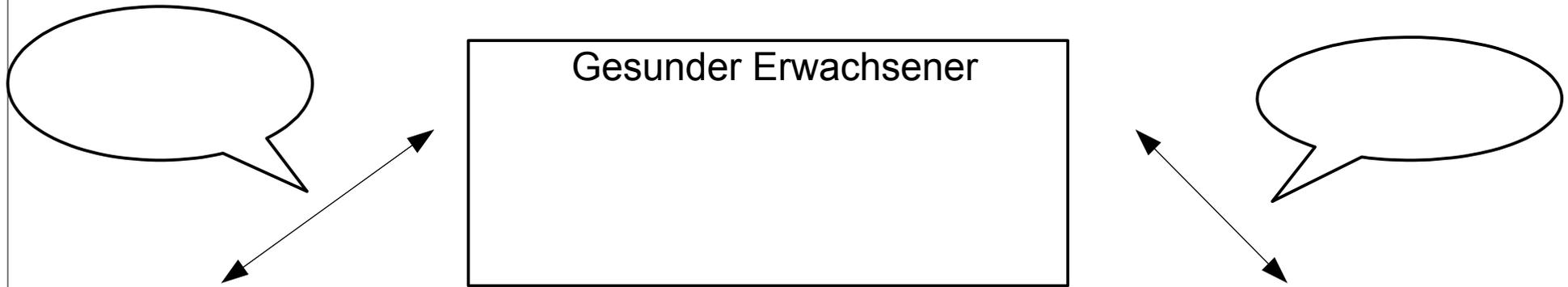


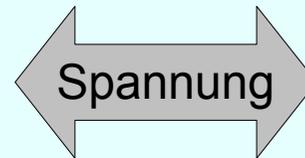
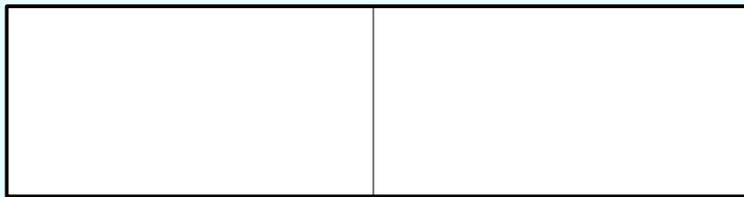
Typische Auslösesituation:

bewusst

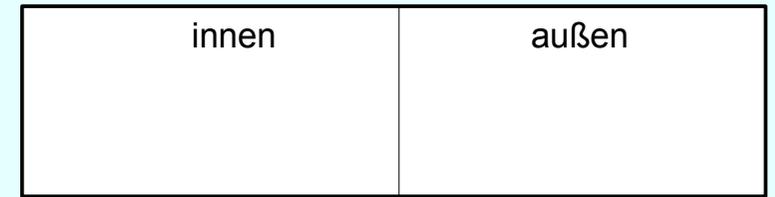


implizit automatisch

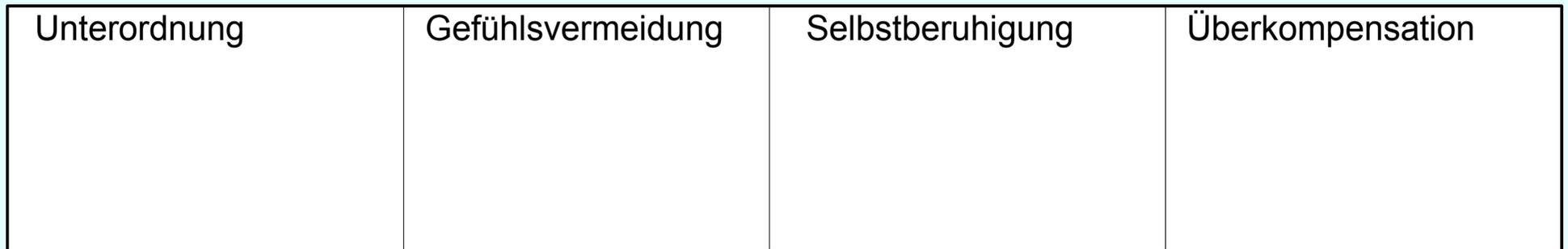
Emotionale Reaktion (Kindmodi)



Bewertungen (Elternmodi)



Bewältigungsmodi



erlebt

Auswirkung