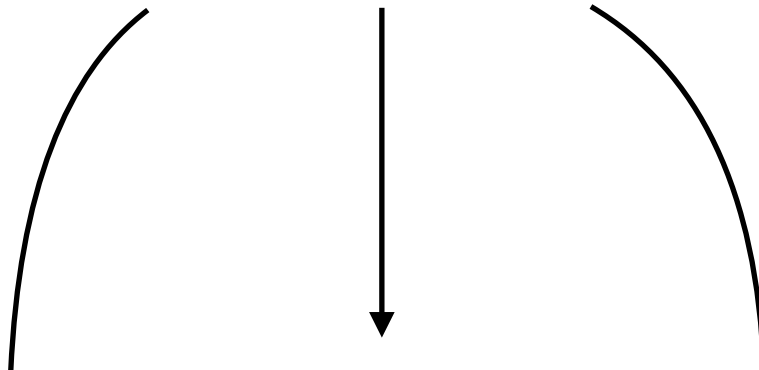


Symptoms
(addictions)



Issues
(avoiding pain)



1

Childhood trauma
or patterns/habits

2

Regression
due to triggers

3

Fear of anxiety
or your reaction