

Healthy Adult

Schema Mode Model

Punitive Critic

Demanding Critic

Compliant Surrenderer

Detached Protector

Detached Self Soother

Angry Protector

Avoidant Protector

Bully Attack

Self Aggrandizer

Perfectionistic/Suspicious over controller

Vulnerable Child

Happy Child

Schemas:

Angry, Enraged or Impulsive child