

**Table 2: Outline of Modes**

<b>CHILD MODES</b>		<b>Involve feeling, thinking, and acting in a "child-like" manner</b>
<b>Vulnerable Child</b> Abandoned/ Abused/Humiliated	Feels overwhelmed by painful feelings eg anxiety, depression, grief, or shame/humiliation.	
<b>Angry Child</b>	Feels and expresses uncontrolled anger or rage in response to perceived or real mistreatment, abandonment, humiliation, or frustration; often feels treated unjustly; acts like a child throwing a temper tantrum.	
<b>Impulsive, Undisciplined Child</b>	"Wants what he wants when he wants it"; cannot tolerate the frustration of limits.	
<b>Lonely Child</b>	Feels empty, as if no one can understand, soothe, comfort or make contact with him.	
<b>MALADAPTIVE PARENT MODES</b>		<b>Involve internalized dysfunctional parent "voices"</b>
<b>Punitive, Critical Parent</b>	Internalized, critical or punishing parent voice; harsh criticism directed towards the self; feelings of shame or guilt	
<b>Demanding Parent</b>	Demands impossibly high of self; pushes the self to do more, achieve more, never be satisfied with oneself.	
<b>DYSFUNCTIONAL COPING MODES</b>		<b>Involve maladaptive attempts to protect self from pain</b>
<b>AVOIDANCE MODES</b>		
<b>Detached Protector</b>	Emotional detachment used as protection from painful feelings; unaware of feelings; feels "nothing"; appears emotionally distant, flat, or robotic; avoids getting close to other people	
<b>Detached Self-Soother/Self-Stimulator</b>	Uses repetitive, "addictive," compulsive or self-stimulating behaviours to calm and soothe himself; uses pleasurable or exciting sensations to distance himself from painful feelings.	
<b>Angry Protector</b>	A "wall of anger" used to keep others at a safe distance; anger is more controlled than in Angry Child mode	
<b>SURRENDER MODE</b>		
<b>Compliant Surrenderer</b>	Gives in to real or perceived demands/expectations of others perceived as more powerful than the self in an anxious attempt to avoid pain/get needs met	
<b>OVER-COMPENSATOR MODES</b>		
<b>Self-Aggrandizer</b>	Feels superior, special, or powerful; looks down on others; sees the world in terms of "top dog" and "bottom dog;" shows off or acts in a self-important, self-aggrandizing manner; concerned about appearances rather than feelings or real contact with others.	
<b>Bully/Attacker</b>	Uses threats, intimidation, aggression, coercion, retaliation to get what he wants; asserts his dominant position; feels sadistic pleasure in attacking others.	
<b>Con Man/Manipulator</b>	Cons, lies, or manipulates to achieve goals; victimizes others; seeks escape punishment.	
<b>Predator</b>	Focuses on eliminating threats, rivals, obstacles, or enemies in a cold, ruthless, and calculating manner.	
<b>Over-Controller</b> Paranoid & Obsessive-Compulsive	Focuses attention, ruminates and exercises extreme control in attempt to protect self from perceived or real threats. Paranoid types try to locate/uncover hidden threats;. obsessive types use order, repetition, or ritual.	
<b>HEALTHY ADULT MODE</b>		
Serves as an 'executive function' in which the healthy adult part nurtures and protects the vulnerable lonely child, sets limits for the angry child and battles or moderates the maladaptive coping modes so helping to meet the child's emotional needs.		