

# The Core Issue-Defense Paradigm

Family Genetics

Interpersonal Experiences



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## CORE ISSUES

Threaten Identity Stability



- Feeling unloved
- Feeling unwanted
- Feeling inadequate
- Feeling belittled
- Feeling controlled
- Feeling unvalidated
- Feeling threatened



## PSYCHOLOGICAL DEFENSE

To maintain identity stability

ADAPTIVE

MALADAPTIVE



## CONTENTMENT

Social, Occupational,  
Romantic Success

## TROUBLE

Active

Inactive