

THE SURVIVAL SELF







Hypervigilance of Others & Surroundings

Overly Responsible for Other's Emotions & Actions



Harsh & Critical Inner Dialogue



Sacrificing of Self to Avoid Abandonment



Chronic Feeling of Shame & Guilt



Navigating Relationships By Playing Certain Roles



Harmful Coping Strategies



Create By Sara Aird Survivor Wise Trauma Recovery Resources

Survival Of The Self

Lingjun Ying

Survival Of The Self:

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• Interactive and Gamified eBooks

Survival Of The Self Introduction

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