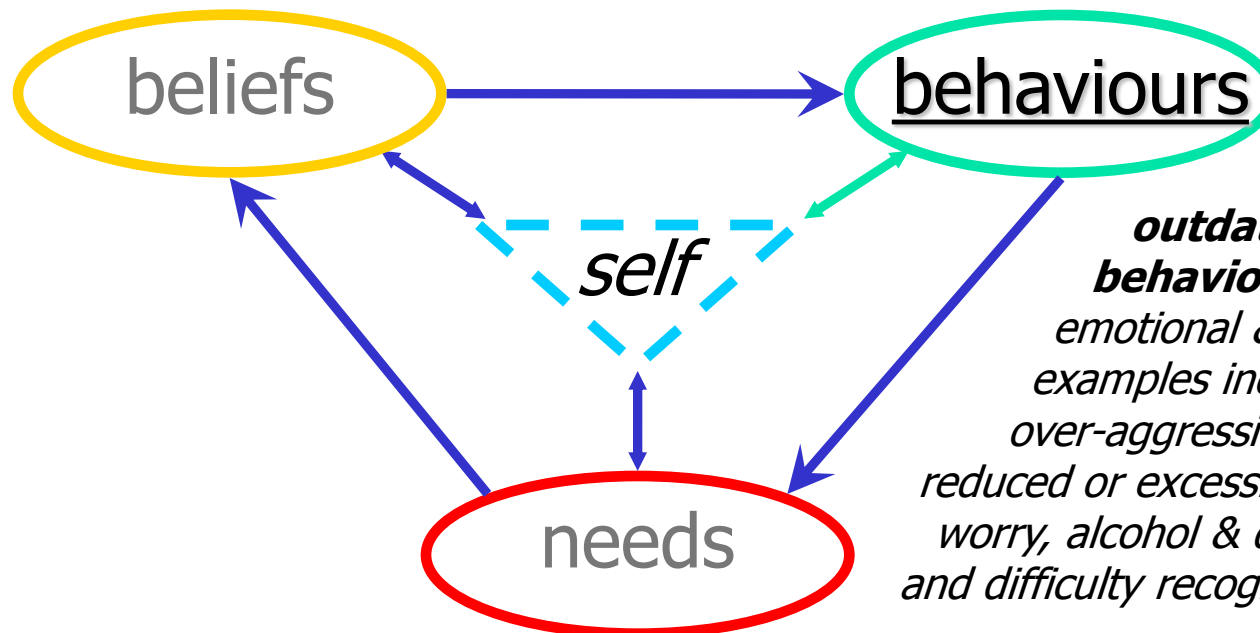


maladaptive behaviours

*dysfunctional secondary emotional beliefs become associated with **unhelpful behaviours** that 'made sense' in childhood relationships but sadly these behaviours now block us from satisfying key human needs, for example, to feel accepted, valued, loved, able to feel pain & move on, self-respect, etc*



***outdated, no longer adaptive behaviours** often involve forms of emotional & interpersonal avoidance; examples include non-assertiveness or over-aggressiveness, excessive distrust, reduced or excessive sexuality, rumination & worry, alcohol & drug abuse, perfectionism, and difficulty recognizing one's own emotions*

***changing outdated behaviours** and acting in ways that link with our own values and 'dreams' requires courage; **living in genuinely wellbeing-promoting ways** that respond to our healthy inner needs can be a form of 'behavioural experiment' that challenges and updates our childhood 'brainwashed' dysfunctional emotional beliefs*