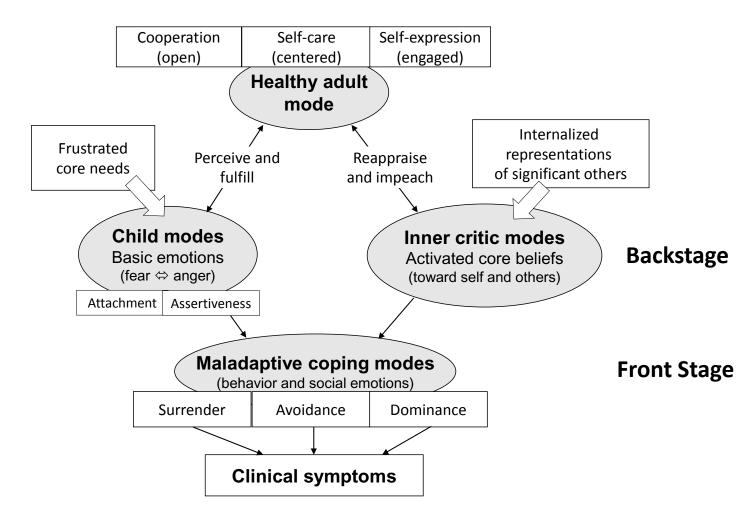


Figure 4–4. Mode map for Joanne



From Past Tense to Present Tense—The Case Conceptualization

Healthy Conditional schemas **Coping modes** Internalized inner critic modes -Unrelenting adult standards Figure 4-3. Punitive inner critic Developmental origins/needs "You're nothing. No frustration Perfectionist one cares about you." overcontroller, **Problem** 1. Father warm but frequently unavailable "Cleanliness due to work. areas is next to Descriptive mode diagram for Joanne 2. Was mostly left in the care of her 1. Relationships godliness." mother, the "drill sergeant," who she 2. Loneliness and experienced as cold, critical, and overly vulnerability demanding. 3. Perfectionism 3. Everything in the house had to be and control "perfect" or else Mom would "explode," Angry child particularly when Dad was away. Detached 4. Alcohol "I'm hurting but want dependence protector 4. Mom would discourage fun in the to connect." household with excessive chores and 5. Anger "I don't care." rules. regulation Vulnerable child "I'm all alone again." 5. Getting bullied at school; feeling "different" and ostracized, particularly in high school. Detached self-soother Unconditional (core) "I deserve to reward myself— Core emotional modes schemas I've worked so hard." -Abandonment -Defectiveness-shame -Emotional deprivation —Social isolation

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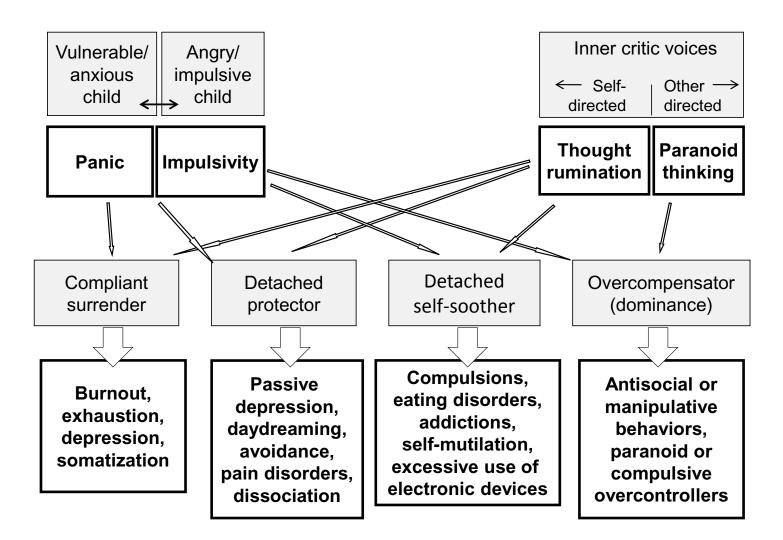


Figure 3–3. Maladaptive coping modes and clinical symptoms