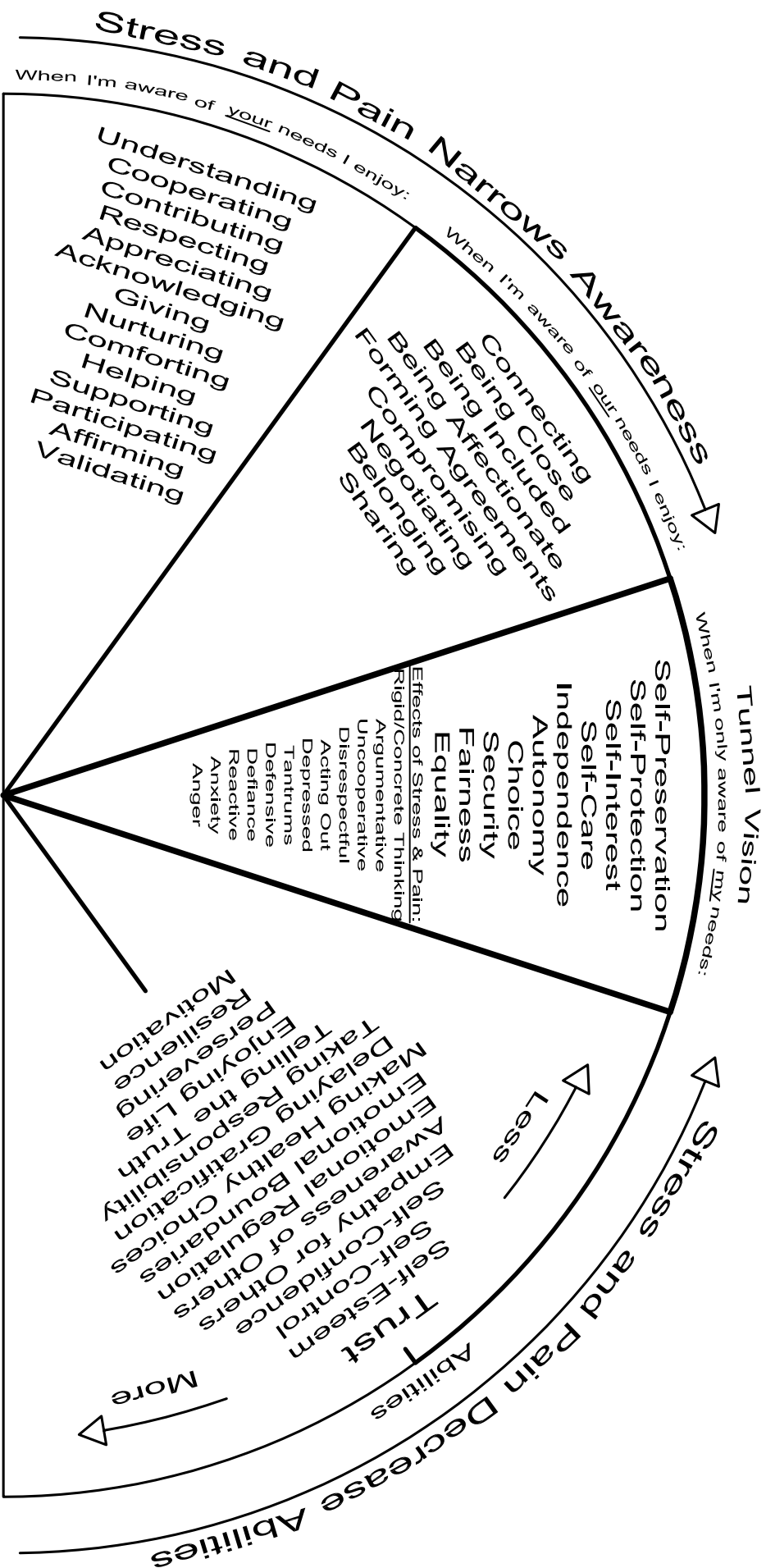


# The Narrowing of Perspective



## Causes of Stress & Pain

Not having needs met, including:

- Criticism
- Blame
- Judgment
- Abuse
- Exposure to Violence
- Being Denied Choice
- Lack of Structure & Consistency
- Emotional Rescuing
- Not Being Understood
- Obligations w/o Agreements
- Changing or Inconsistent Parents

Being made responsible for other's feelings and needs

