

Existential Adaptive Patterns

I. Overwhelmment

- A. ***Avoidance***: simple avoidance, procrastination, suppression, repression, projection onto others, numbing, distraction, dissociation.
(Personality disorders: avoidant, schizoid, schizotypal).
- B. ***Power complex***: exercise power over the other: brute force, controlling behaviors, manipulation, passive-aggressive. Benign complex expresses itself through learning, growth, and greater management of one's life.
(Personality disorder: anti-social {sociopath}, obsessive-compulsive).
- C. ***Compliance***: give the world what it wants, "to get along, go along."
(Disorders: dependent personality, co-dependence).

II. Abandonment

- A. ***Identification with deficit***, substantial wound to self-esteem
 1. Self-sabotage, avoidance, self-denigrative behaviors
 2. Over-compensation by grandiosity
(Personality disorder: paranoid).
- B. ***Power Complex***: Use others for narcissistic self-aggrandisement
(Personality disorders: narcissistic personality, histrionic)
- C. **Inordinate need for self-assurance, excessive neediness.**
(Personality disorder: borderline).

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