-Present
-Transparent
-Honest
-Passionate
-Authentic

I.M.

Second Order

-Loving
-Fierce
-Congruent
-Assertive
-Ascertaining

A.J.

FIGHT

-Angry
-Aggressive
-Controlling

First Order

Anxiety Management

"Lizard Brain Reaction"

W.D.

FLEE-FREEZE

-Passive
-Indirect
-Manipulative

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