The Core Issue-Defense Paradigm

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**Family Genetics**  
**Interpersonal Experiences**

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**CORE ISSUES**  
Threaten Identity Stability

- Feeling unloved
- Feeling unwanted
- Feeling inadequate
- Feeling belittled
- Feeling controlled
- Feeling unvalidated
- Feeling threatened

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**PSYCHOLOGICAL DEFENSE**  
To maintain identity stability

- **ADAPTIVE**
- **MALADAPTIVE**

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**CONTENTMENT**  
Social, Occupational, Romantic Success

- **ACTIVE**
- **INACTIVE**

**TROUBLE**