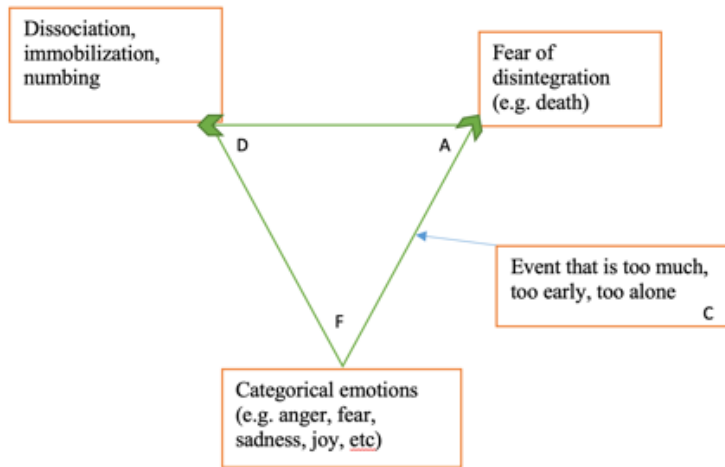
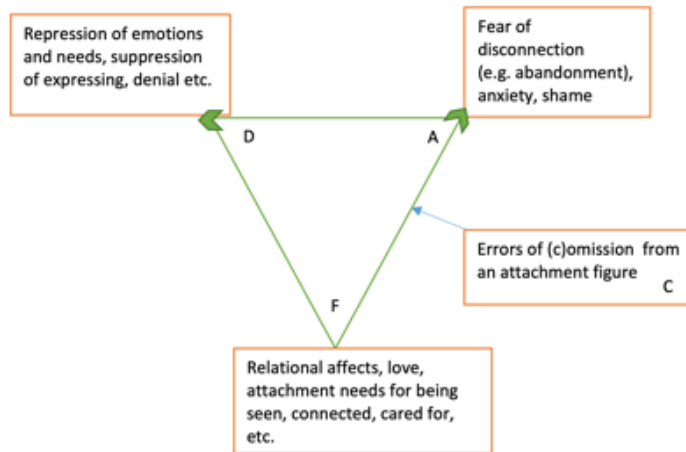


Triangle 1: core emotional pain



Triangle 2: relational pain



Triangle 3: self pain

