

**Intimacy/Connection**  
(with all parts of ourselves, and others)  
**Aliveness**

**Boundaries** (these allow us to stay on the side of risking, and are, in and of themselves, a degree of risk).

When any part of us (our perceptions, feelings, thoughts, actions, etc.) is **betrayed or rejected** (real or perceived), we may move from authentic risking into masking as a protection.

**Masking**

Includes both passive and/or aggressive responses

Passive: Pretending, denying, ignoring, stuffing things down.  
Aggressive: Attempting to control, manipulate, coerce, force

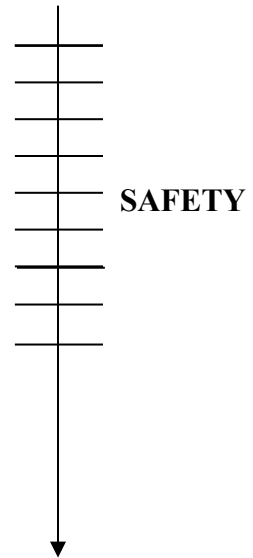
May use a variety of coping mechanisms (\*\*see the other handout)

over time can lead to chronic depression, anxiety, addictions, illness, etc.

**Isolated and alone**

Disconnected from self and/or others

**Risking**



**vulnerability**

As we experience deeper levels of safety, we are able to show more parts of ourselves.