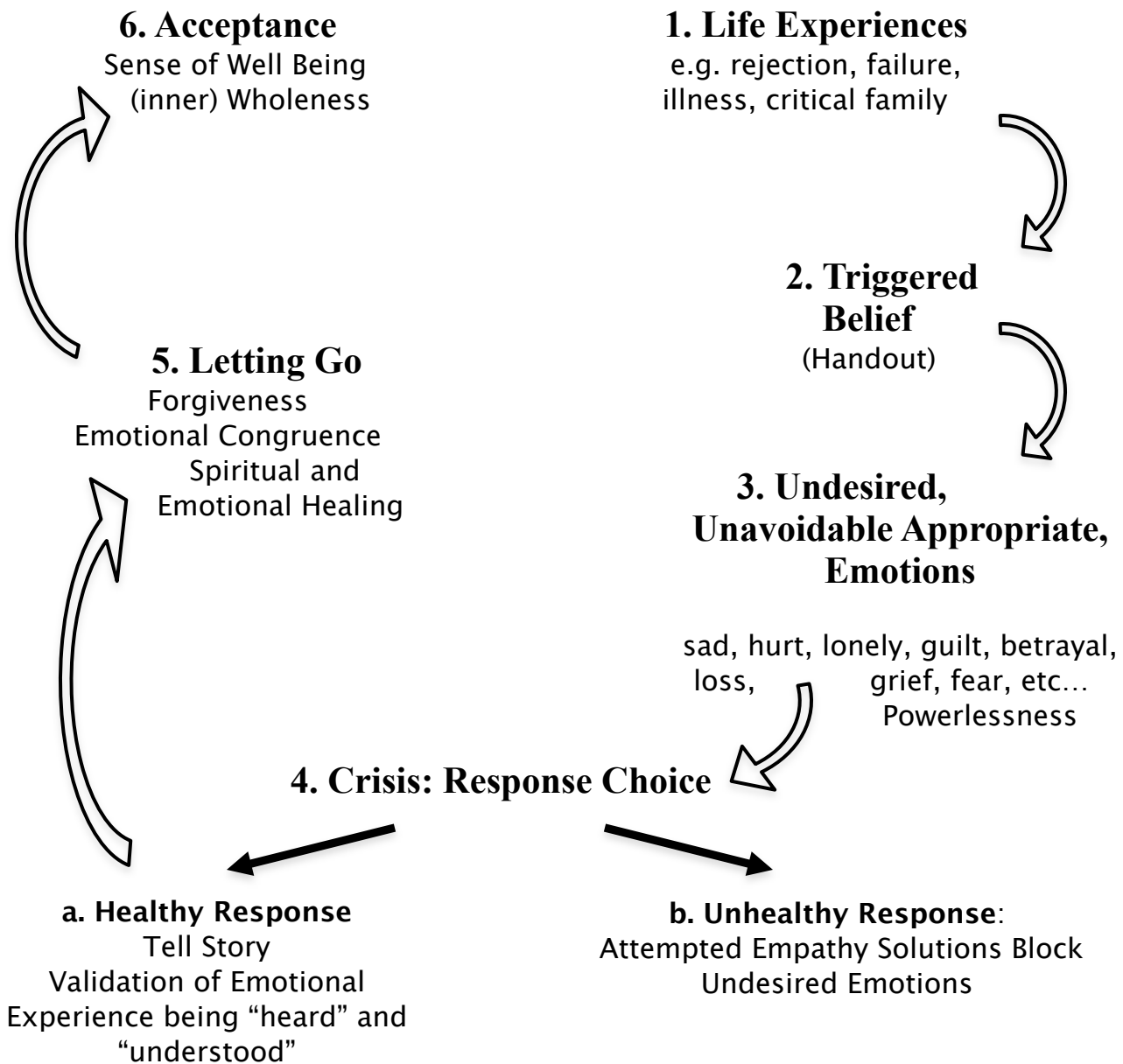


The Wellness/Wholeness Cycle

Brian Person 2/10/2010



Attempted Solutions (through avoidable, inappropriate behaviors)

Violence	Addictions	Alcohol	Rage	Depression	Withdrawal	Self-Harm
Eating disorders	SADNESS	SHAME	LONLINESS	TRAPPED	ISOLATED	Illegal Activities
Over eating	DESPAIR	FEAR	INSECURITY	PAIN	HURT	Violence
Shopping	Drugs	Workaholic	Suicide	Run Away	Gaming	Sarcasm