

**Table 1***Core memories, formation of EMS and modes*

<b>Age</b>	<b>Situation</b>	<b>Unmet needs; EMS; Modes</b>
4 years old	Being left alone with an abusive father for several days	<p><b>Unmet needs:</b> Safety, security, empathy, predictability, trust</p> <p><b>EMS:</b> Abandonment, emotional deprivation, mistrust/abuse, Defectiveness.</p> <p><b>Modes:</b> Vulnerable child (abandoned, lonely) – "I am all alone, unloved and unprotected." Compliant surrender – "I am defenseless, I better disappear." Spaced-out protector – extreme detachment. Punitive Parent – "I am worthless"</p>
Childhood and adolescence	Violently beaten by her father, humiliated, and cursed by him.	<p><b>Unmet needs:</b> Safety, protection, unconditional love and support, acceptance; healthy limits.</p> <p><b>EMS:</b> Mistrust/abuse; entitlement/grandiosity</p> <p><b>Modes:</b> Vulnerable child (abused and alone.) Coping mode – Self-Aggrandizer – "I will show him that he cannot pin me down. I am not like my mother" Bully and attack – she confronted her father. She smiled when beaten. Demanding Parent – "I have to be strong"</p>
4 years old to 10 years old	Being taken by her father to his mistresses' house, where she witnesses sexual intercourse, father being drunk and violent	<p><b>Unmet needs:</b> Safety, protection, privacy, care, and nurture, having a voice and being able to say "no".</p> <p><b>EMS:</b> Mistrust/abuse, emotional deprivation, enmeshment/underdeveloped self (with mother).</p> <p><b>Modes:</b> Vulnerable child "I am helpless and weak." Detached self-soother – eating and watching loud TV to avoid seeing what is happening. Self-aggrandizer – "I will be more beautiful than these women, so he can look at me" Punitive Parent – "I am an unlovable and betraying mother"</p>
4 years old to adulthood	Witnessing her father's violence towards her mother and her getting subjugated.	<p><b>Unmet needs:</b> Safety and protection, healthy boundaries, being seen and heard.</p> <p><b>EMS:</b> Mistrust/abuse, enmeshment/underdeveloped self, subjugation.</p> <p><b>Modes:</b> Vulnerable child – abused. Self-aggrandizer – "I am strong; I am the only one who can protect my mother." Compliant surrender – "I will give up my needs to help her." Demanding Parent "I need to be strong and don't show any vulnerability"</p>

<b>Age</b>	<b>Situation</b>	<b>Unmet needs; EMS; Modes</b>
12 years old	Mother promised her they would leave her father if she entered a good high school and broke the promise.	<p><b>Unmet Needs:</b> Security and trust.</p> <p><b>EMS:</b> Mistrust/abuse, negativity/pessimism.</p> <p><b>Modes:</b> Vulnerable child: hopeless. Bully and attack – anger outburst towards mother. Guilt-Inducing parent – "She is only weak, and she is the only one who ever loved me." Compliant surrender – "I need to give up my needs so I don't lose the only person who ever loved me."</p>
14 years old	Discovered by her father in the apartment of a neighbor with other colleagues, she was severely humiliated in front of them and beaten violently at home. He told her she was a whore, and she went there for sex.	<p><b>Unmet Needs:</b> Safety, privacy, dignity.</p> <p><b>EMS:</b> Mistrust/abuse, defectiveness/shame, social isolation.</p> <p><b>Modes:</b> Vulnerable Child – abused and ashamed, isolated. Avoidant protector – "I will avoid exposing myself to these kinds of situations and avoid peers who can find out about my family. " Demanding parent "I have to be strong"</p>
16 years old	She runs away from home and sleeps for a year at her boyfriend's. Interrupts contact with both parents for fear of being found.	<p><b>Unmet needs:</b> Safety, acceptance, and love. Healthy boundaries.</p> <p><b>EMS:</b> Emotional deprivation</p> <p><b>Modes:</b> Healthy Adult – sets boundaries and reaches out for her needs. Vulnerable child –guilty for leaving mom. Guild-inducing parent – "You know you have to protect your mother because she might die without you."</p>