

**Core Self**

**Adaptive Self**

**False Self**

**Common**

**Grace**

**Redeemed**

**Self**

**Embodied Self**

**Basic needs**

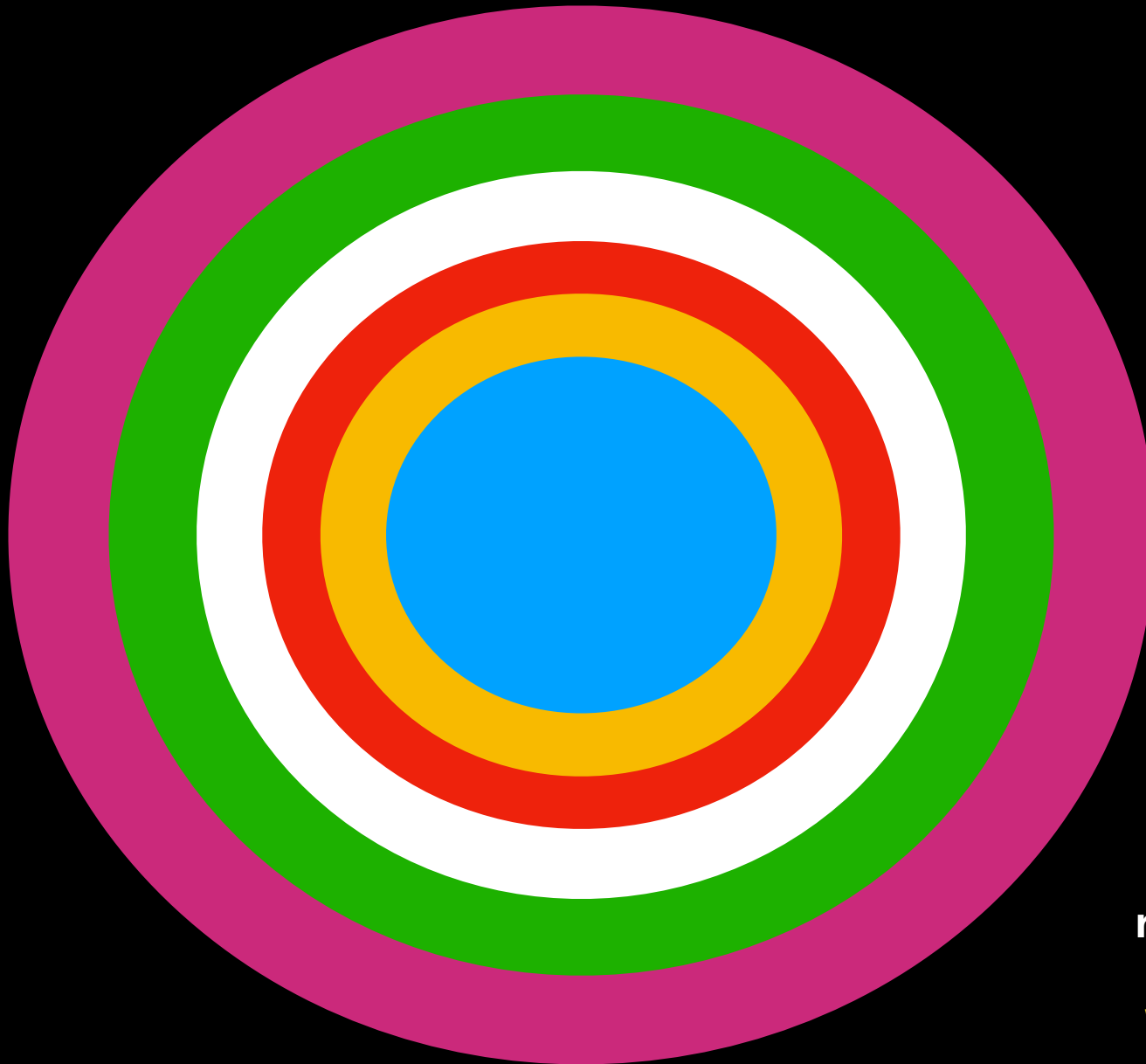
**safe**

**significance**

**control**

**competence**

**affirmation**



**Core Self**

**Adaptive Self**

**False Self**

**Common**

**Grace**

**Redeemed**

**Self**

**Embodied Self**

**Sin** - repent and receive forgiveness (false self)

**Wounds** - acknowledge and receive healing (adaptive self)

**Weaknesses** - own so others can forebear with me (core self)