

# COPING STYLES

POCKET GUIDE



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# Hi,

I'm Dr. Sam Rader, the creator of Source Code and the 12 coping styles. I'm excited to have you with me on this journey of self discovery and healing.

Our coping styles are the unconscious defense mechanisms we adopted during childhood. We all have at least one, if not several of the styles. I personally have all twelve of them (oy vey!) which is what allowed me to be the conduit for cracking the code on these blocks to our human potential.

This packet contains an overview of each of the 12 coping styles, along with journaling prompts. The prompts are designed to support you in exploring your own coping styles, plus they will allow you to become more empathetic and adept for dealing with the styles of the people you love.

I hope this packet is the start of a beautiful journey for you. It is my aim and my honor to help support you in becoming more of who you really are.



## DISCONNECTED

If you've employed the DISCONNECTED coping style, something about this world has not been a fit. You feel different in some indefinable way. You may carry a low-level anxiety or have a hard time trusting others. You have often felt misunderstood.

In order to cope, you may have become STIFF, tensing your body and turning away from people, feeling more at home in the realms of books, video games, tools or facts. You may be FLOATY and hover above yourself, feeling vaguely pleasant as you numb yourself to the pain of life. You might be FLIGHTY, taking off whenever something doesn't feel right. Or perhaps you have been MASKED, working overtime to attune to others in the hopes that some kind of understanding might occur.

Healing your DISCONNECTED wound means dropping into your body in the present moment, becoming more in touch with your feelings and more vulnerable with others. It means taking emotional risks in your relationships and honoring your innate desire to be understood. When you become CONNECTED, you feel more real and everything shimmers with aliveness. Your heart is opened and you can finally feel at home in this world.

## JOURNALING PROMPTS

### IF THIS IS YOU

- When / where / with whom do you feel most safe and at home? What lets you know you are ok?
- When was the last time you felt misunderstood? What happened? Did you do anything to try to help the other person understand you better?
- How do you feel about the Disconnected part of you? What might change if you could accept and embrace this part?

### IF THIS IS SOMEONE YOU LOVE

- Have you ever taken your loved one's lack of connection with you personally? How so?
- From what you know about their childhood, why might they have needed to disconnect?
- What are you willing to try in order to meet them in their world, rather than trying to get them to meet you in yours?



## FRICTIVE

If you've been living with the FRICTIVE style, it has been quite difficult to slow down or to pause. You have filled up your calendar with activities and your mind with thoughts. You sense an electric charge in your body and feel at risk of disappearing if you were to stop.

In order to cope, you've stayed engaged with intensity. You like loud music, vibrant colors, firm touch, and deep conversation. You start one thing just as you finish another. You've made sure there is no empty space in your life, because deep down you've feared it could swallow you up.

Healing your FRICTIVE wound means making friends with quiet and stillness. Within each pause, you paradoxically discover that the empty space you feared--between thoughts, between actions, between the protons and electrons in your atoms--is your true home. Becoming SPACIOUS, you trust the consistency of space itself, since everything concrete is certain to change. With emptiness as your new container, you embody the peace that surpasses all understanding.

## JOURNALING PROMPTS

### IF THIS IS YOU

- What happens for you when you are faced with silence and stillness? What comes up emotionally? How do you avoid the void?
- When you are triggered and “frick-ing” out, what helps to calm you down and makes you feel safer and more grounded?
- Take a deep breath right now and stop doing or thinking, just for a moment. Is that empty space what you thought it would be like?

### IF THIS IS SOMEONE YOU LOVE

- What is it like for you to be around someone so intense? What do you love about it? What can be difficult?
- Have you ever tried physically containing them--with hugs or massage or snuggling? What did you notice?
- Does their energy ramp up or slow down when you interrupt them or take charge?



If you've been living with the OMNIPOTENT style, you've been quite sensitive to your environment. Everything has to be just so. Any little thing can make you fly off the handle—an unpleasant sensation, an unmet expectation, someone disagreeing with you. Then, just as quickly, you return to feeling great when the “problem” is resolved.

You've tried to control everything around you in order to feel safe and comfortable. You've been fixed and certain in your beliefs and at times quite pushy with others. You've wanted everything to go your way on the outside because you haven't known how to self-regulate or self-soothe inside.

Healing your OMNIPOTENT wound means learning how to hold the good with the bad and knowing it's ok to not feel ok sometimes. It means letting go of reactivity, seeing the big picture, and having perspective. When you become ALIGNED, you adjust to the world as it is instead of trying to get everything to adjust to you. You become centered, balanced and mature. You take care of your feelings so you don't have to dominate. Over time, you develop trust and patience, and you discover that acceptance is where your true power lies.

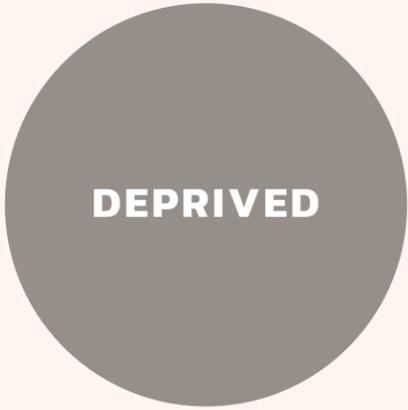
## JOURNALING PROMPTS

### IF THIS IS YOU

- What are the benefits of being in control in any situation? What are the potential risks of giving up control? What are the potential benefits of giving up control?
- What happens to the good qualities of a person, place or thing when you start to notice the bad qualities?
- Have you ever followed through with something you thought would be too painful or scary to do? If so, what was that like for you? Was it as bad as you thought it would be?

### IF THIS IS SOMEONE YOU LOVE

- What came up for you when you just read the above about your loved one: “You take care of your feelings so you don't have to dominate.” Have you felt dominated in this relationship? What has that been like for you?
- What have you done in the past to make sure that your loved one doesn't fly off the handle? Has any of that ever been to your own detriment?
- Have you ever tried saying no or holding a boundary with them? What happens when you hold firm? Are they still dominating? What do you think might happen if you hold firm boundaries with them more regularly?



## DEPRIVED

If you've been living with the DEPRIVED style, you've felt as if other people get the good stuff, not you. Something inside feels empty, broken or bad. You can't imagine you could draw good love and care toward you simply by existing. You think you must do something to get love. With no hope for anything good, you've learned how to feed on bad feelings such as self-pity, hurt and bitterness.

In order to cope, you may have become WOUNDED, soliciting care via sympathy. Or maybe you are ELUSIVE, playing hard to get. Perhaps you are INDISPENSABLE, finding value in how you are needed by others. You may be CHARMING, believing you must be likable and entertaining to get love. You might be SCAVENGING, sneaking little bits of the good stuff when no one is looking. Or maybe you are STOCKPILING, collecting friends and possessions to ensure you will never be destitute.

Healing your DEPRIVED wound means trusting that there is good inside of you and opening to love. It means wanting what you want and getting what you want. When you know you are LOVED, you have faith in the bounty of life. Feeling good starts to feel really good and it becomes more familiar. Your identity shifts as you come to understand that you are inherently valuable and loveable just as you are.

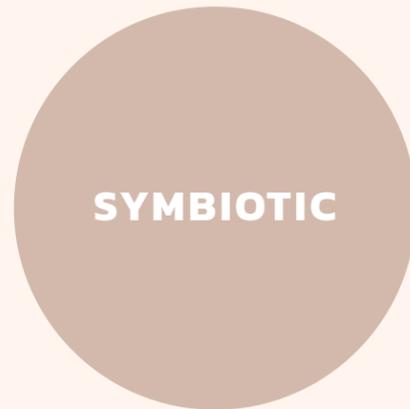
## JOURNALING PROMPTS

### IF THIS IS YOU

- What do you tell yourself about why other people get the good stuff, not you? What makes you so especially unlovable? Have you ever loved anyone else who shares these qualities?
- What do you do with love when it comes your way? Do you trust it? Make use of it? Spit it out? What might happen if you let yourself have a new orientation to love?
- Which of the subtypes above do you identify with? What might happen if you don't do that old familiar thing? What else inside of you might be lovable and wantable?

### IF THIS IS SOMEONE YOU LOVE

- Have you ever been able to make them feel good, in a lasting way? What is this part of the dynamic like for you?
- Do you ever wonder if you are being manipulated? What might happen if you don't play into that dynamic? Have you ever tried holding your ground?
- What are some creative ways you can offer your love to them, without indulging them? What do you want to give? How do you want to show up? What truly serves you in this situation?



If you've employed the SYMBIOTIC coping style, you haven't wanted to rock the boat. You fear confrontation and go with the flow. You tell others what they want to hear because you don't want them to be mad at you. You've feared that if you were to firm up, take shape, and be your own separate person, something catastrophic would happen.

In order to cope, you've had to hide your true self away. You haven't felt that it's ok to say no or hold boundaries. You've often latched onto powerful people and become their sidekick. Then when you realize you've given up too much of yourself, you've cut off and ended relationships, rather than staying close and being honest.

Healing your SYMBIOTIC wound means holding onto yourself in every situation. It means sometimes challenging others in order to maintain your integrity, without having to run away. When you are SOLID, you become your own source of knowing, wealth, and power. Trusting your agency and capacity, you get to be more real with others because you know that you have everything you need inside.

## JOURNALING PROMPTS

### IF THIS IS YOU

- What do you honestly think would happen if you were to speak up and own your truth? Is this ok with you? What are you giving up within yourself in order to please others? What if you do this until your dying day? How would you feel about your life as a whole, if you never change this?
- What are you angry about? Have you ever expressed your anger? If so, what happened? Was it as bad as you had thought it would be? What might change for you if you express yourself more directly, more often?
- Where do you look for your source of nourishment, money, or resources of any kind? Can you imagine what would happen if you became your own source? What would that allow? How would your life look different?

### IF THIS IS SOMEONE YOU LOVE

- Have you ever wondered if they are just going along with you to please you? Do you ever feel as if you can't fully feel them or fully trust them?
- What do you get out of them staying passive?
- When was the last time you asked for their opinion or let them choose the agenda? What might happen if you empower them? What would that be like for you? What do you think that might do for the relationship?



## PREMATURE

If you've been living with the PREMATURE style, your needs have always been last on the list. You are a giver and a doer, providing for others and finding worth in your accomplishments. You haven't wanted to be the squeaky wheel; you've worried you would be too much.

In order to cope, you've donned your cape and played superhero. Then you've collapsed and gotten sick when you've run out of gas. You haven't known that it's ok to take time for yourself or take in what you need. You may have a complicated relationship with food because you feel bad about the part of you that is hungry.

Healing your PREMATURE wound means honoring your healthy limits and learning that it's ok to need and to feed, both literally and emotionally. It means developing a healthy, intuitive relationship with food while receiving good care from others and creating more reciprocal relationships. When you are NOURISHED, you experience pleasure and satiation. You consistently fill up your tank so that you never have to run on fumes and get hangry. When hunger is finally paired with feeding, you are resourced and life tastes sweeter.

## JOURNALING PROMPTS

### IF THIS IS YOU

- What happens when you need something? Do your needs get met? Do you tell others what you need? How do you feel when people try to meet your needs?
- What is your relationship like with food and rest? Are you allowed to have the same amount of fuel as those around you? Why do you think this is? What happens when you run out of fuel?
- What might change if you allow yourself and others to meet your needs regularly? What's the worst-case scenario? The best case scenario? Which do you think is more plausible?

### IF THIS IS SOMEONE YOU LOVE

- Do you ever notice that your loved one is giving more than they are taking within the relationship? What is this like for you? Is there anything you get out of that arrangement? Would you like it to be different? How so?
- What are some ways that you can show care for your loved one? What do you think would feel really special and meaningful for them? What might change if you give them this kind of care more regularly? Is that what you want?
- Is it challenging for you to watch them neglect their own needs? What does that draw out in you? How have you tried to help them? Did it work? What do you think might actually help them?



### IDEALIZING

If you've been living with the IDEALIZING style, you constantly compare yourself to others to know where you rank. You've believed that if you're not the best, you're the worst. You've been preoccupied with your outsides—how you appear on paper—rather than focusing on your internal world of thoughts, needs, and feelings. You strive to be perfect and secretly worry that you're not.

In order to cope, you may have taken the ONE-UP stance, trying to prove to yourself and everyone else that you are “better than.” You may boast and be overly competitive, racking up your score of accolades, attractiveness, power, and wealth. Or you may have taken the ONE-DOWN stance, preferring to prop up admirable others, putting them on a pedestal and feeling important via your connection to them. You put yourself down and believe you could never measure up. Or you might flip flop between the ONE-UP and ONE-DOWN positions.

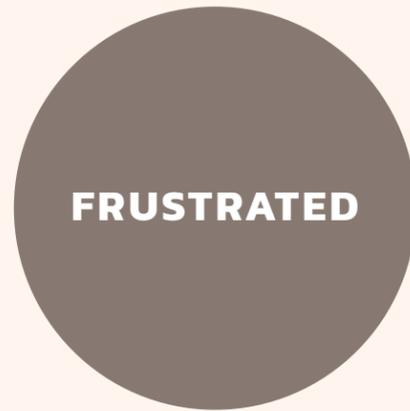
Healing your IDEALIZING wound means connecting to a felt sense of your humanity. It means getting off the vertical totem pole of ONE-UP and ONE-DOWN to finally stand eye to eye and heart to heart with every other human being. When you are ANIMATE, you no longer feel like an inanimate object, because you are infused with the breath of life. Your two-dimensional self-concept blossoms into a fully fleshed out multidimensional vital sense of self.

## IF THIS IS YOU

- Make a list of the top 10 things you are most proud of about yourself. (DON'T READ ON UNTIL THIS LIST IS COMPLETE) How many things on that list are your “outsides,” or things you can measure up on paper (looks, brains, achievements), versus your “insides”—your internal qualities and values (kindness, presence, generosity, receptivity)? Now try the list a second time, this time writing all 10 items about qualities inside of you.
- Do you compare yourself to others? In what categories? Are you usually “above” or “below” the people you compare yourself to? How does comparing serve you? How is it getting in your way? What might change in your life if you compare less?
- Do you remember any time you felt more connected to your humanity or “insides?” Describe this in detail. What did it feel like in your body? How was that different than how you usually feel? What might shift for you if you connect to your insides on a more regular basis? What are some actionable things you can do to connect you to your insides?

## IF THIS IS SOMEONE YOU LOVE

- What is it like for you when your loved one is comparing themselves to others? How does it make you feel? Are you able to connect with them in those moments? Do you feel closer to them or farther away? How do you respond to them when they do that? Is there a different way you could respond? What might change between you if you respond in a different way? Is that what you want?
- When your loved one is caught up in comparing, does it ever make you wonder how you measure up? What are some examples of this? Do you ever feel insecure when you are around them or when you think about them? Why do you think that is? What helps you return to a sense of security? How might you put that into practice more regularly within your relationship? Are there any clues for you in there about what might also help your loved one?
- Write down your 10 favorite qualities of this person. Are most of these “inside” (values, essence) or “outside” (rank, status) qualities? What do you think might happen if you reflect to your loved one your appreciation of their inside qualities?



### IF THIS IS YOU

- Write down the last few things you have told yourself “I can’t” about. What happens when you take those same sentences and replace “I can’t” with “I won’t?” Does anything shift for you or become clearer?
- What makes you angry? What do you do with that anger? Does that anger get to be potent and used to make a positive shift in your life, or does it feel impotent? Why do you think that is? What do you imagine is the difference between potent and impotent anger? What is one small thing you could do today to start to shift toward a sense of potency?
- What are 5 things that you really, truly want? Are you getting these things you want? How does that make you feel? What are you doing to get what you want? Have you been proactive or direct? What might change for you if you approach these situations differently? What might you have to give up if you finally get what you want?

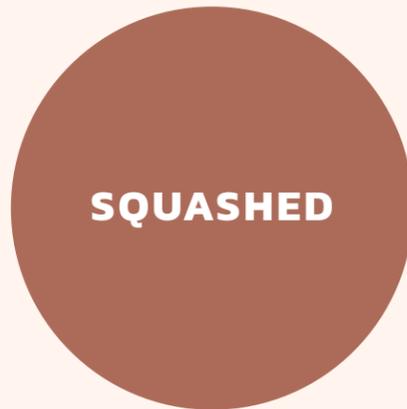
### IF THIS IS SOMEONE YOU LOVE

- Do you ever feel frustrated in this relationship? How come? What do you imagine is the reason that your loved one gets you to feel frustrated in this way? Might it have anything to do with their own frustration? In what way? How do you make sense of this, if you look a little deeper?
- Do you ever find yourself in an emotional tug of war with your loved one? Have you ever put down your end of the rope? What happens when you do?
- Are there any things that your loved one is doing that feel unacceptable to you? Have you ever set a firm boundary with them around this? What are the consequences that would make the boundary crystal clear? Are you willing to hold firm around this? What might change if you do?

If you’ve employed the FRUSTRATED coping style, it has felt as if the world is against you. You’ve been stuck and believed that things can’t change. You haven’t believed that you could win by winning, so you’ve mastered the art of winning by losing through covert acts of passive aggression and sabotage.

In order to cope, you may be SUBVERTING, outwardly compliant while secretly kicking others under the table. You might be SACRIFICING, giving up everything you want for the good of others, while bitterly resenting them. You may be WITHHOLDING, clamping down and never allowing anyone satisfaction. Or you might be WITHSTANDING, proving yourself by enduring and overcoming great pain.

Healing your FRUSTRATED wound means learning that you can win by winning. It means letting go of your life-long, self-defeating anger so that you can finally want what you really want and get it. When you are EMPOWERED, you step into a clear, clean sense of your own agency. Resistance gives way to flow as you become the captain of your own ship. “I can’t” becomes “I won’t,” and you discover the true power of your will.



If you've been living with the SQUASHED style, you have done everything to hide your allure and your power. You've stooped and worn a big smile on your face with your shoulders up around your ears. Or you've pretended to be invisible. You've wanted so badly to be liked and have deeply feared being hated.

In order to cope, you make yourself small. You can't believe there is anything enviable about you but you have been the target of bullies who are secretly jealous. You've felt as if you are nothing; just a kid. You've been overly nice and haven't understood why they are mean. The truth is that you are like Cinderella—kept away from the ball by those who don't want to be outshined.

Healing your SQUASHED wound means standing up into your full height, putting your shoulders down, and being as RADIANT as you really are. It means acknowledging all the beauty and the power that you hold and using it for good. Owning your regal nature, you take responsibility for your potency and hold tighter boundaries in romance and in leadership. Resplendent while conscientious, you can finally go to the ball and play in the big leagues.

## JOURNALING PROMPTS

### IF THIS IS YOU

- Do you think you are enviable? Write a list of all the qualities, possessions and talents you have that other people might want. How does it make you feel to look at this list?
- How do you dim your light and hide your shine? Are you overly kind, childlike, invisible, grumpy, distant, foggy-headed? How might you show up if you didn't dim yourself in this way?
- What do you think it would be like if you were to stand taller and shine brighter? Is there anything scary about that? Is there anything beautiful about that? What might change in your life if you hold yourself in your radiance and self-respect?

### IF THIS IS SOMEONE YOU LOVE

- Write a list of the enviable qualities about your loved one. Do you ever envy them? If so, do you think you can have what they have? Does that feel good or bad to you?
- Is there anything you get out of them staying small? What might change for you if they stood up into their full radiance? Is that what you want for them? For yourself?
- Can you imagine what they might be like if they stand into their full radiant, regal self? Create a vivid picture--what is their presence and energy like? How do they stand and move? What do they create? How do they relate with you and others? Do you think your vision of them might be helpful to them?



## PROVOCATIVE

If you've been living with the PROVOCATIVE style, your romantic relationships have been riddled with rivalry and jealousy. There's always a third wheel who feels left out. You have wanted so badly to be special and believed this means you must be sexually desirable.

In order to cope, you've been overtly sensual and flirtatious. You've experienced blurry boundaries between the erotic and everything else. You've blindly picked fights and seduced people you shouldn't. You haven't known love untainted with drama.

Healing your PROVOCATIVE wound means finally knowing that you are special and loveable without having to stir anyone up or sell yourself out. It means being protective of your erotic self, sharing it only within the context of a loving, safe relationship. When you are CLEAR, you hold all the tender, pure parts of yourself alongside your vivacious, untamed parts and understand the appropriate time and place for each. With self-respect, clean boundaries and a softer heart, you come to embody true loveliness.

## JOURNALING PROMPTS

### IF THIS IS YOU

- What role has jealousy played in your relationships? What might your relationships look like without jealousy?
- What makes you feel special? Is it serving you to get special attention in this way? What other kinds of attention might feel good to you? Why?
- Are you protective of yourself? Has anyone else been truly protective of you? What might happen if you feel protected? How might you show up differently? What might change for you?

### IF THIS IS SOMEONE YOU LOVE

- How does your loved one's provocative style make you feel? Write down all the different ways they stir up feeling in you. Why do you think they show up this way?
- Do you ever feel protective of them? What would it look like to protect them? Have you ever shared this with them?
- Can you imagine how your loved one might be able to show up differently? What would they wear, how would they speak and hold themselves? Do you think your vision might help them?



If you've been living with the CONSTRICTED style, you have wanted so badly to be good and have been quite fearful of being wrong or bad. You desperately avoid being caught, exposed, or humiliated, so you never put yourself out there. You believe that your animal, instinctual self is bad and that controlling it is good.

In order to cope, you've refrained from being aggressive, sexual, expressive, or bold. You've tried to hold in your bodily fluids—tears, sweat, sexual fluids, excrement—and follow rules to a T. You strive to be morally irreprehensible, so it has been quite difficult to witness the unrestrained behavior of children and animals, and especially those who commit crimes.

Healing your CONSTRICTED wound means embracing your raw, juicy self and learning that nothing catastrophic happens when you do. It means letting go of the rigid ideas of good and bad, right and wrong, and trusting your animal instincts to lead you where you need to go. When you are FREE, you learn to flow with the great mystery of life, rather than bracing against it. You relax, let your guard down, and finally experience all the pleasures of being alive.

## JOURNALING PROMPTS

### IF THIS IS YOU

- Who taught you about wrong versus right? Make a list of all the things you learned as a kid that are “wrong” and all the things you learned are “right.” From your adult perspective, do you agree?
- Do you ever feel as if you are being watched, and might get caught doing something wrong? Describe your experience with this in vivid detail. Using your adult mind, do you think this scenario is plausible? Does it carry with it any familiar flavor from your home growing up?
- What's the worst thing that could happen if you do something wrong? And then what? And then what? And then what? If all of that happened, would you be ok?

### IF THIS IS SOMEONE YOU LOVE

- Does it ever feel as if your loved one has their guard up? Have you ever experienced them let down their guard? What is that like? How do you think you could show up in a way that might draw out more of that ease and flow from them?
- What are the particular parts of life that seem to make your loved one uncomfortable--dancing, sex, socializing, ambition, etc. Have you ever talked to them about their feelings about these things? What do you think might happen if you did?
- What happens inside your body when your loved one is anxious? Do you tense up or get anxious alongside them? Do you try to pull them out of their anxiety? How might you show up in a new way that might have a more soothing effect? What could change if you do?



## INDULGED

If you've been living with the INDULGED style, you've come to expect things to go your way. You have a strong will and specific preferences, and you aren't afraid to get what you want in life. Of course, there's nothing wrong with manifesting the life of your dreams . . . unless it comes at a cost to others.

You have been mildly unaware of how you impact others. You haven't felt as if the rules apply to you. Then you've been shocked when people get upset. You haven't thought about the consequences of what you do and how you show up.

Healing your INDULGED wound means developing a keen sense of consideration and compassion. It means balancing your own desires with how they fit into the bigger picture. When you embody a sense of INTERBEING, you are aware of how your impulses affect the collective and are grateful for the wisdom of the elders who have come before you. You become more civic-minded, and you begin to feel your interconnectedness with everything and everyone in a new and beautiful way.

## JOURNALING PROMPTS

### IF THIS IS YOU

- Are you someone who likes instant gratification, or can you delay gratification? What happens when you don't get something you want? Have you ever grieved something you wanted but couldn't have?
- Have you ever been surprised by people getting quite upset with you or cutting off from you? Do you know what you might have done that negatively impacted them and caused the upset?
- How do you feel about rules and consequences? Why do you think they were invented in the first place?

### IF THIS IS SOMEONE YOU LOVE

- Do you think your loved one is aware of how they impact you? Have you ever really let them know? What do you think might happen if you did?
- How does your loved one react to limits? Given their childhood environment, why do you think they react that way?
- Do you think your loved one feels as if they are a part of humanity and connected to everything and everyone? If not, is there anything you could do to help them feel more of a sense of interconnection?