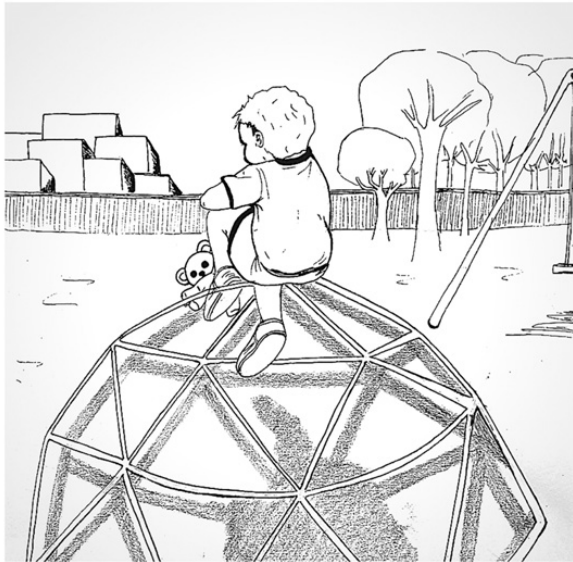


**Table 1.2** Schema modes**Child Modes**

1. **Vulnerable Child (VCM):** The Vulnerable Child mode is the 'storehouse' of EMS, whereby the person feels the emotions associated with EMS activation and unmet emotional needs but without the perspective of a Healthy Adult (e.g., a stable sense of self that transcends temporary emotional states, confidence in ability to cope). Typical emotions include feeling lonely, lost, frightened, frantic, sad, anxious, hurt, ashamed, and guilty. The core emotional 'flavour' of a Vulnerable Child mode varies according to the specific underlying EMS: for example, someone with an Emotional Deprivation EMS likely has a Lonely Child mode; someone with an Abandonment/Instability schema probably has an Abandoned Child mode; Dependence/Incompetence EMS manifests as a Dependent Child mode, and Mistrust/Abuse EMS as an Abused Child mode.

### Vulnerable (Lonely) Child Mode

**Illustration 1.1** 'Vulnerable (Lonely) Child mode'

2. **Angry Child (ACM):** Angry Child mode involves experiencing strong feelings of anger, rage, frustration, impatience, or indignation because core emotional or physical needs of the vulnerable child have not adequately been met. Anger is alternately suppressed and then expressed in inappropriate ways, such as through uncontrolled venting, without consideration of the consequences for themselves and others. The person may also act in a manner which is entitled or spoiled, expecting others to meet their needs immediately and perfectly, without consideration of others' needs or feelings.