

TRAP

Home/Work

Spaces that ignore the need for conscious human growth, allowing people to simply “exist” instead of evolve.
These settings — family, social, or professional — are not built around empowerment or personal progress, leaving individuals without meaningful encouragement or direction.

SHT

Shattered Worth

An individual who has endured emotional damage caused by mistreatment — whether physical, verbal, or sexual — often carries a weakened sense of personal worth and dignity. Such experiences may stem from childhood, family settings, intimate relationships, workplaces, or broader social circles.

ORG

Time & Order

Refers to persistent difficulties with planning, organizing, and managing time. The individual may misjudge how long tasks will take, lose important items, forget appointments, or feel overwhelmed by steps and sequences. Despite good intentions, life may feel disordered and rushed, with a constant sense of being “behind.”

NEGP

Unmet Needs

Refers to parenting styles that fail to nurture healthy emotional and cognitive growth. These parents may rely on punishment rather than guidance, neglect emotional connection, or lack awareness of how a child’s brain and behaviour develop — resulting in limited support and stimulation across key developmental areas.

HYP

High Gear

Refers to a body and mind that feel as if they are constantly “on.” The individual may struggle to sit still, fidget, tap, or pace, or may appear calm on the outside while experiencing racing thoughts on the inside. Rest, stillness, and quiet activities can feel uncomfortable, as if the internal engine cannot shift out of high gear

DOG

Dogmatic Chains

A way of thinking rooted in old patterns and traditions that restrict how a person interprets or responds to everyday issues like relationships, lifestyle, or values. This outlook is shaped by deeply ingrained cultural or religious conditioning that limits openness to new perspectives.

IMP

Impulse Rush

Describes a pattern where actions or words “jump out” before they are fully thought through. The person may interrupt, blurt out answers, buy things impulsively, or make quick decisions they later regret. The inner experience is often a sense of urgency or “act now before the feeling disappears.”

NUH

Numb Heart

Describes a pattern where a person has learnt to switch off feeling as a way to survive. Emotions are kept at a distance and empathy is muted; other people’s needs, pain, or boundaries hardly register. Over time this numbness can make the person seem cold, harsh, or uncaring, and they may act in ways that cause harm without fully grasping the impact.
This imprint often develops after unresolved hurt, neglect, or exposure to cruelty, and reflects an over-protective “freeze” response rather than a lack of human value

DIS

Mind In Distress

Points to the presence or history of **significant mental-health conditions** that strongly affect daily functioning. This may include major depression, bipolar shifts, severe anxiety or panic, psychotic symptoms, obsessive–compulsive patterns, trauma-related states, or other clinical diagnoses.
The imprint highlights that the person’s brain and nervous system are carrying more than everyday stress. It signals that emotional, cognitive, and behavioral struggles may be linked to underlying medical or psychiatric factors.

ANG

Anchored Anger

A persistent form of anger anchored in past experiences, marked by an inability to let go of resentment or grudges. It exists in two possible states:
•**Expressed:** openly felt and demonstrated, or
•**Latent:** dormant but capable of re-emerging when triggered.

INFL

Inside Out

Refers to how a person explains what causes the outcomes in their life. Do I mostly experience life as something that *happens to me*, or as an arena where my choices, patterns, and responses make a real difference?
When power is experienced mainly **outside** (“they decide my future”, “life is against me”), a person may feel stuck, resentful, or passive. When power is experienced more **inside** (“I can learn, choose, and respond differently”), responsibility and agency grow. This imprint explores how balanced or distorted that inner map of power has become through upbringing, culture, trauma, and experience.

BULLY

Victim Loops Out Pattern

A habit of directing frustration and pain outward. Other people, systems, or circumstances are seen as the main cause of one’s struggles. This person often feels powerless, misunderstood, or targeted, and may stay stuck in anger instead of taking ownership for change.
In Pattern
A habit of turning hurt and disappointment inward. The person sees *themselves* as the problem — feeling defective, not good enough, or fundamentally “less than”. This inner bully attacks their worth, blocks healthy boundaries, and makes it hard to recognize their strengths and agency.

LACK

Lack state

A situation marked by limited access to financial means or material support. The individual (or organization) experiences economic strain, dependency on others for essential needs, and restricted capacity to operate or sustain daily functions effectively.

DIM

Flexible Focus

Describes how easily a person can move between **detail thinking** and **big-picture thinking**. Some minds get stuck in the small pieces — analyzing, checking, and re-checking details. Others float above the facts, seeing only broad ideas without anchoring them in reality.
A Flexible Focus imprint struggles to shift gear. Under stress the person may either become trapped in over-focusing (missing the wider impact) or over-scanning (missing practical steps). Growth involves learning when to narrow attention and when to widen it, so that insight and action stay balanced.

FOC

Scattered Focus

Refers to a pattern where attention shifts rapidly between tasks, sounds, or ideas, making it difficult to maintain focus long enough to complete what was started. The individual may begin many activities but leave them unfinished, lose track of instructions, or miss important details. This is not a lack of willpower, but a brain that struggles to hold one channel of attention in place.

RES

Attitude

A consistent pattern of resistance or negativity expressed toward people, relationships, responsibilities, or life situations — shaping how one engages with the world around them.

INWF

Inward Focus

An amplified belief in one’s own importance that results in self-centered attitudes and choices, frequently disregarding the impact on those around them.

CPL

Addictive Loops

Refers to a repeated pattern of reaching for the *same* behavior, substance, or activity to change how you feel — even when you know it works against your health, relationships, or calling. The goal is usually to soothe, distract, or create a sense of control, not to “be bad”.

BURN

Burned Out

When a person feels or behaves older than their years — mentally, emotionally, or physically — usually because of weariness, stress overload, or persistent health issues. It reflects a restricted view of life that drains energy and motivation

DEC

Deceiver

An individual who masks self-serving motives with an appearance of goodness or innocence. Such people skillfully project sincerity but operate with hidden agendas, seeking to benefit at the expense of those who trust them.