

### ORIGIN OF URGE

When did the character learn to behave in this way? How did it help them?

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Note: this is not necessary to know.

### CORE URGE

A compulsion.

**“ In order to survive / get my needs met, I must... ”**

Note: this is a general solution to a specific problem.

▲ SUBCONSCIOUS  
▼ CONSCIOUS

### STATED BELIEF (LIE)

Unhealthy people usually aren't conscious of the fact that their urges are coping mechanisms, so they create a narrative to justify the core urge.

### THE CORE URGE AFFECTS ALL AREAS OF THEIR LIFE

GOALS

RELATIONSHIPS

LIFESTYLE

PRESENTATION

DIALOGUE

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