



MENTAL HEALTH MODEL OF SOUL-WELLNESS

Soul-Wellness Type	STRONG SOUL-WELLNESS	FRAGILE SOUL-WELLNESS	WEAKENED SOUL-WELLNESS	DEFICIENT SOUL-WELLNESS
Attachment Type	Secure Attachment	Avoidant Attachment	Resistant Attachment	Disorganized Attachment
Behavioral-Emotional Characteristics	Belongingness Empathy Self-Efficacy Trust Resilience Gratitude Emotional IQ	Parental Rejection Distrust Anxious around others Intense fear of rejection	Self-Indulgent Pleasure Seeking Narcissistic Anxiety	Psychopathy Anti-social Emotionally Detached No Conscience Cruelty-Hate
ACE Score	ACE Very/Low	ACE Moderate	ACE Moderate	ACE High
Caregiver Behavior	Warm, Caring, Involved, consistent	Distant/Absent	Unpredictable/Excessively close/uninvolved	Confusing Cues
Body Health	Healthy balance and moderation	Depressant Drugs Touch Aversion Sexual Dysfunction	Risk-taking Eating disorders Hypersexuality	Self-Harm Sad-Masochistic Cruel Dissociative Disorders Suppression of physical sensation
Classroom Behavior	Engaged	Flight	Fight	Freeze