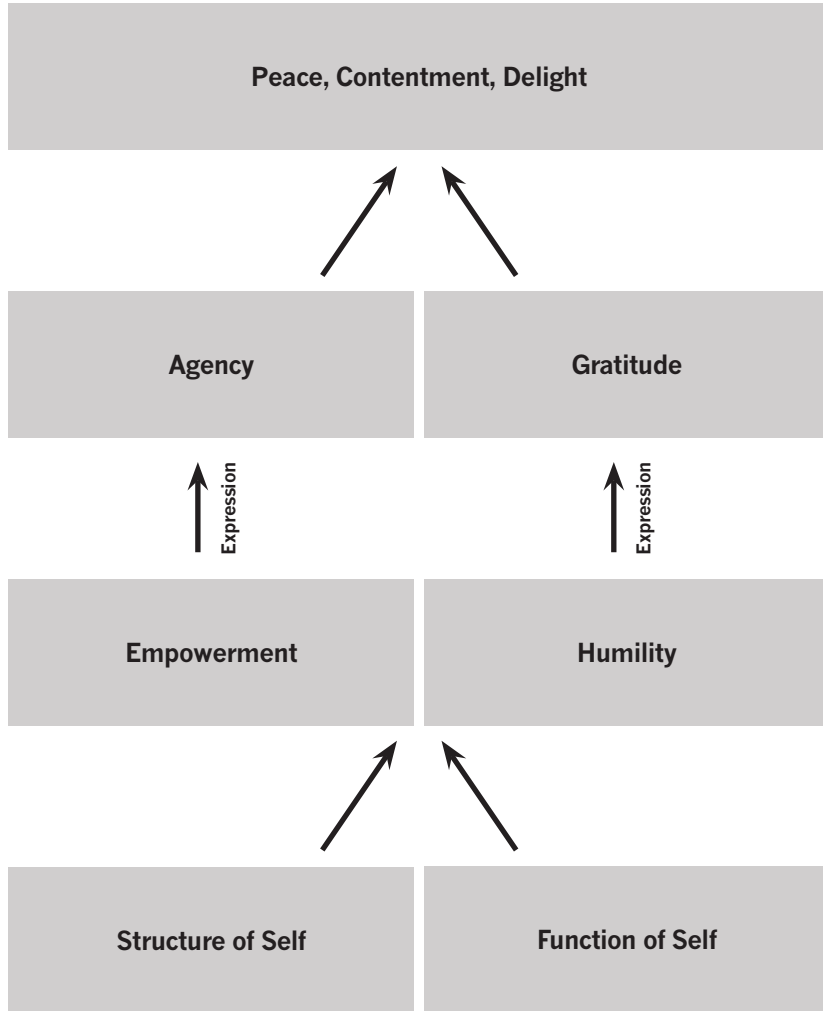


Pillars of Mental Health

Simple



GENERATIVE DRIVE
needs to be greater than
Aggressive Drive
&
Pleasure Drive

If not, then
AGGRESSIVE DRIVE
is too high or too low
and/or
PLEASURE DRIVE
is too high or too low

Too high leads to
ENVY
Too low leads to
DEMORALIZATION

If **ENVY** and/or
DEMORALIZATION
Go back and explore the
Structure of Self
&
Function of Self

Complex

- Self
- Character Structure
- Defense Mechanisms
- Conscious Mind
- Unconscious Mind
- Strivings (Hopefulness)
- Behavior
- Salience (Internal & External)
- Defense Mechanisms In Action
- Self-Awareness (“I”)