

Supplementary File 1: The Basic Experiences of the Self (BES; Rispoli, 2008)

Being Held

Being Held, Being Contained (Being Stopped)
Protection

Being Picked Up

Being Picked Up
Being Carried

Letting Go

Letting Go (Daydreaming)
Just Being
Abandoning ourselves to....

Contact

Contact (Fusion)
Being Nourished (Absorbing)

Active Contact

Taking (Asking, Seducing, Drawing Others to us)
Giving (Hugging)
Giving to Ourselves (Consoling Ourselves, Finding Balance)

Love

Being Loved (Belonging, Being Carried inside the other person)
Loving (Carrying the other person inside us)
Positive Continuity (Memories)

Sharing

Opening Up
Pleasure in Others
Pleasing Others (Showing Ourselves)

Tenderness

Needing Others
Tenderness
Fragility (Softness)

Receiving Attention

Being Seen
Being Listened to
Being Understood
Being Helped
Being Encouraged

Vitality

Joy (Excitement, Bursts of Energy)
Vitality (Energy, Impetus)
Playing (Running, Throwing Ourselves into...)

Well-Being

Well-Being (Harmony, Wholeness)
Pleasure (Vagotonia, Mobilizing towards the Lower Body)

Sensations

Perceiving
Sensing (Sensations)
Amazement

Control

Losing Control (Explosions)
Loosening Control (Head Bent, Collapses)
Soft Attention

Strength

Original Strength (Detachment, Space)
Soft Strength
Calm Strength
Open Strength (Letting Out)
Changing Others (Moving)

Aggressiveness

Affectionate Aggressiveness
Aggression

Authority

Presence (Determination)
Authority (Standing, Confidence, Knowing Our Own Value)

Assertiveness

Assertiveness
Making Choices
Making Plans

Negativity

Anger
Hatred

Autonomy

Opposition
Separation