

The Silent Six

When Signs Speak Louder than Words



FILTERING



PEOPLE PLEASING



GLOSSING



FIXATING



GHOSTING



ROTTING

When our protective coping mechanisms kick in, these patterns can hide our true emotions, making our true feelings hard to recognize. These are six subtle ways that the Five Signs silently sneak into our behaviors and can be used as part of an individual's baseline to indicate that change or help is needed.