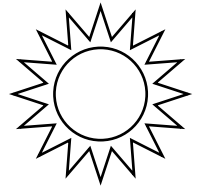


# PILLARS OF MENTAL HEALTH

For a healthy state of mind the whole structure should be cared for to gain Peace, Contentment & Delight



The **Generative** drive needs to be greater than the **Aggressive** drive and **Pleasure** drive. If not then an Aggressive drive and/or Pleasure drive that is too high will lead to **ENVY** and if too low will lead to **DEMORALISATION**.

If either of these are the case then exploration of the Structure of Self or Function of Self are necessary.

