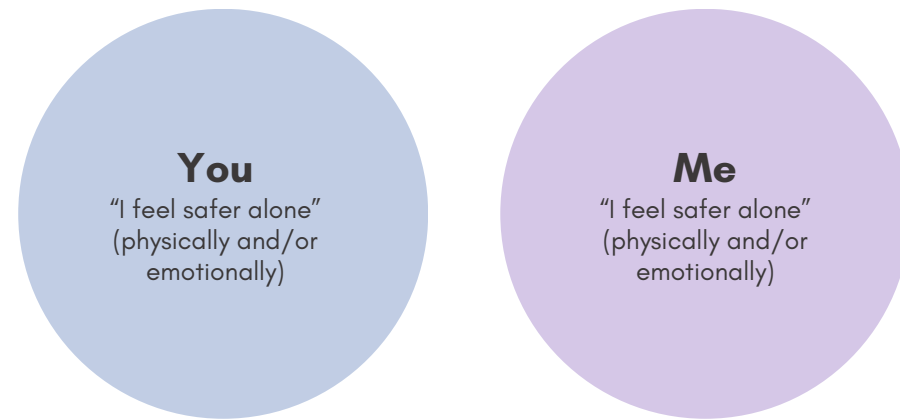


## Disconnected (Avoidant)



### Lacking core relational building blocks:

Lack of common life goals and/or shared interests/values, inability to supporting each others dreams, absence of expressions of fondness and admiration, neglecting to remain curious about your partners internal world.

### Poor communication:

Presence of blame, criticism, contempt, stonewalling. Reactionary communication, failing to actively listen to and accept the others reality. Minimal, if any, repair attempts.

### Lacking trust and commitment:

Erosion of trust and/or lack of commitment to working on the health of the relationship.

### Difficulty expressing needs:

Difficulty expressing needs and wants from a place of vulnerability due to assumption that needs will not be met.

### Decline in bids for attention:

Fewer successful bids for connection, and little effort to engage in shared rituals. Lack of efforts to nurture relationship.

### Reduced intimacy:

Lack of intimacy in one or more realms (E.g. emotional, sexual, intellectual, creative, spiritual, commitment, recreational etc)

### Maintenance of distance:

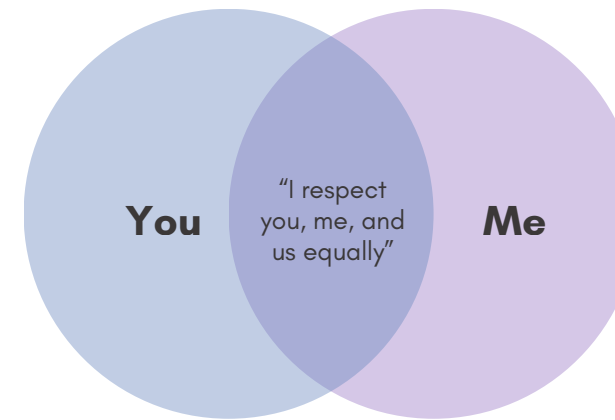
Maintenance of emotional distance to avoid rejection and pain often on both sides. Instead focus is on faults and/or changing the other.

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### Common Beliefs:

"I don't need anyone"  
 "People will always let me down"  
 "It's better to keep my emotions to myself"  
 "Being vulnerable makes me weak"  
 "Love is not real"  
 "I can't trust anyone fully"  
 "My needs are never important"  
 "I'm better off alone, intimacy is a burden."

## Healthy (Secure)



### Healthy Boundaries:

Existence of healthy boundaries and ability to regulate own emotions.

### Active Listening:

Listens, understands and empathizes with your/partner's emotions without focusing prematurely on solutions. Provides support while enabling self/them to arrive at own solutions.

### Acceptance of uniqueness:

Recognizing and respecting that each individual has a unique identity (needs, goals, desire, feelings, values), while also creating shared meanings.

### Healthy Communication:

Healthy communication - use of "I" statements, active listening, validation and reflections of emotions/thoughts/experiences.

### Actively seeking rupture repairs:

Use of repair attempts, taking responsibility, expressing and responding to bids for attention.

### Expression of needs:

Expressing needs and mutual attempts to meet needs of the other.

### Mutual Support & autonomy:

Mutual support for each others goals and dreams. Space for autonomy and respect for differences.

### Emotional intimacy:

Partners feel safe to be vulnerable with each other.

### Shared decision-making:

Partners collaborate on problem-solving and decision-making.

### Sense of belonging:

Partners feel a sense of acceptance, mattering, value and desire.

## Enmeshed (Anxious)



### Lack of personal boundaries:

Individuals believe they should not have separate thoughts, feelings, or needs from their family members / partner.

### Excessive emotional dependence:

Relying heavily on family/partner for validation and emotional support, often feeling incapable of managing their emotions independently.

### Fear of conflict:

Avoiding conflict at all costs to maintain family / relationship harmony, even if it means sacrificing their own needs.

### People-pleasing behavior:

Prioritizing others' needs and opinions over their own to maintain approval and avoid disapproval.

### Difficulty with autonomy:

Struggling to make decisions or take actions without seeking constant input from family members / partner.

### Feeling responsible for others' emotions:

Believing they are responsible for managing the emotional states of their family members / partner.

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### Common Beliefs:

"My partner's happiness is completely dependent on me"  
 "I can't feel okay unless my partner is happy"  
 "If I disagree with my partner, it means I don't love them"  
 "I need to know exactly what my partner is thinking and feeling at all times"  
 "I can't have separate hobbies or friends because it takes away from our relationship"