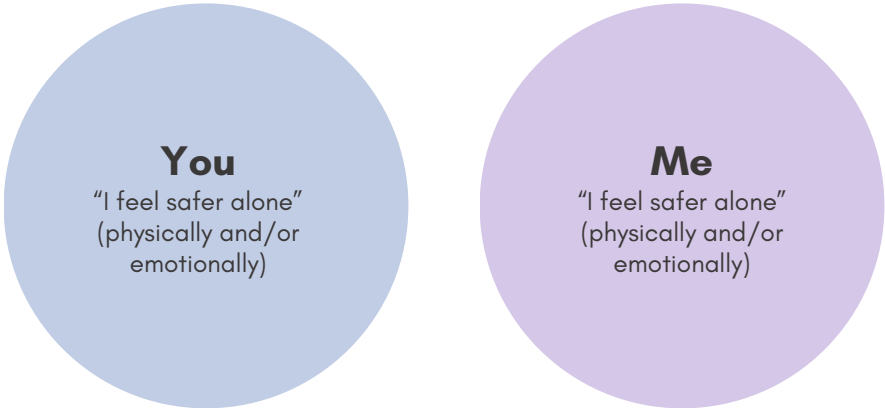


Disconnected (Avoidant)



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 the other’s 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)

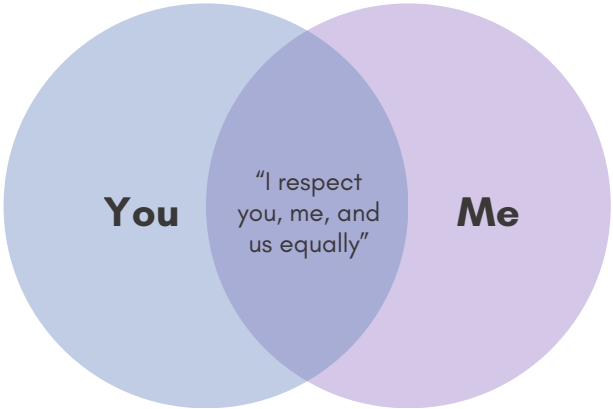
Maintenance of distance:

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

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 others 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:

Both feel safe to be vulnerable with each other.

Shared decision-making:

Both collaborate on problem-solving and decision-making.

Sense of belonging:

Both 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 partner/parent/child

Excessive emotional dependence:

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

Fear of conflict:

Avoiding conflict at all costs to maintain 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 partner/parent/child.

Feeling responsible for others' emotions:

Believing they are responsible for managing the emotional states of their partner/parent/child.

Common Beliefs:

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