

Healing Your Bond II

Shameless Superiority

One-Up

Walled off and one-up

- Indifferent/Insensitive
- Need to be right
- Covertly mean/dismissive

Boundaryless & one-up

- Unbridled self-expression/Anger
- Retaliation
- Overt controlling behavior

Walled off

Love-Avoidant

Healthy

Boundaryless

Love-Dependant

Walled off and one-down

- Depressed/resigned
- Withdrawal/passive

Boundaryless & one-down

- Desperate/ manipulative
- Clingy, dependent, needy

One-Down

I am worthless