

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