

Phases of Resistance

+	Opposites Attract	-
Positive Phase		Negative Phase
<i>Attention - Recognition</i>	Need for	<i>Approval - Reassurance</i>
<i>All about themselves</i>	They think they are	<i>All about others</i>
<i>Presents as perfect</i>	Self-image Distortion	<i>Never good enough</i>
<i>For the good of me, so I can be good to you</i>	Justification for Denial	<i>For the good of all at the expense of me</i>
<i>Look at me</i>	Theme	<i>Look at what I do for you</i>
<i>To remain at center stage</i>	Process	<i>To help others, to fix them</i>
<i>To take care of</i>	Self-esteem	<i>To be needed, wanted, desired</i>
<i>Manipulate others for their own benefit</i>	Definition of "Love"	<i>Self-sacrifice for the benefit of others</i>
+ +	Two of the Same Interact	- -
Positive Paired With Positive		Negative Paired With Negative
<i>Infinite amounts of attention</i>	Need for	<i>Infinite amounts of approval</i>
<i>All about themselves through each other</i>	They think they are	<i>Project who they are onto each other</i>
<i>Perfect couple</i>	Self-image Distortion	<i>Only happy because I am with you</i>
<i>Mutually assured destruction</i>	Justification for Denial	<i>Sink or swim together forever</i>
<i>Constant infighting for attention</i>	Theme	<i>To be needed by, to care for</i>
<i>Put the other down to lift themselves</i>	Process	<i>Denial of self for the other</i>
<i>Elevation of status</i>	Self-esteem	<i>Enhanced survival</i>
<i>They are nothing without the other</i>	Definition of "Love"	<i>They cannot live without the other</i>

Name: _____

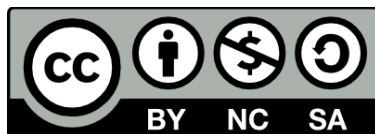
Person In Their Life	Willingness	Primary Phase	Hybrid	Interpersonal Dynamics	Other
A	R W T B	+ -	Y N	E I	
B	R W T B	+ -	Y N	E I	
C	R W T B	+ -	Y N	E I	
D	R W T B	+ -	Y N	E I	
E	R W T B	+ -	Y N	E I	

Attributes of Non-Resistance

	No Phase at Peace
State of	<i>Awareness - Presence</i>
They are	<i>Unmolded, free from expectations</i>
Self-image Clarity	<i>Exactly as they are - Untitled</i>
Justification for Acceptance	<i>Awareness of what is, without explanation or understanding</i>
Theme	<i>Not by me but through me</i>
Process	<i>Acknowledgement - Set aside continually and move on</i>
Self-esteem	<i>Complete and lacking in nothing</i>
Definition of "Love"	<i>To not interfere with another's journey, or interfere with one's own journey</i>

Interpersonal Dynamics Assessment

Effective	Attributes	Ineffective
<i>Mutually Beneficial</i>	Give & Take Ratio	<i>Exploited, One-sided</i>
<i>Enjoyable, Proper Use</i>	Viability, Sustainability	<i>Strain, Misuse</i>
<i>Supportive, Nurturing</i>	Functioning	<i>Mind Games, Adversity</i>
<i>Empathic, Clear, Open</i>	Communication	<i>Breakdown, Deceptive</i>
<i>Consistent, Dependable</i>	Dynamics	<i>Unpredictable, Unstable</i>
<i>Liberating, Freeing, Love of Self</i>	Quality	<i>Vulnerable, Harmful to Self</i>
<i>Restorative, Uplifting</i>	Energy	<i>Demanding, Drained</i>
<i>Open Hand, Reverence, Devotion</i>	Commitment	<i>Duty, Obligation, Binding</i>
<i>Harmony, Independence, Sublime</i>	Reward / Price Paid	<i>Loss of Identity and Autonomy</i>
<i>Presence, Openness</i>	Results	<i>Attention/Approval, Idolize</i>
<i>Strong, Empowered, Appreciated</i>	Feeling	<i>Weak, Powerless, Obligated</i>
<i>Worthwhile, Meaningful, Joy</i>	In Hindsight	<i>Animosity, Regret, Remorse</i>
<i>Purposeful, For the Greater Good</i>	Narrative, Message	<i>Burden, Woe is me</i>



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