

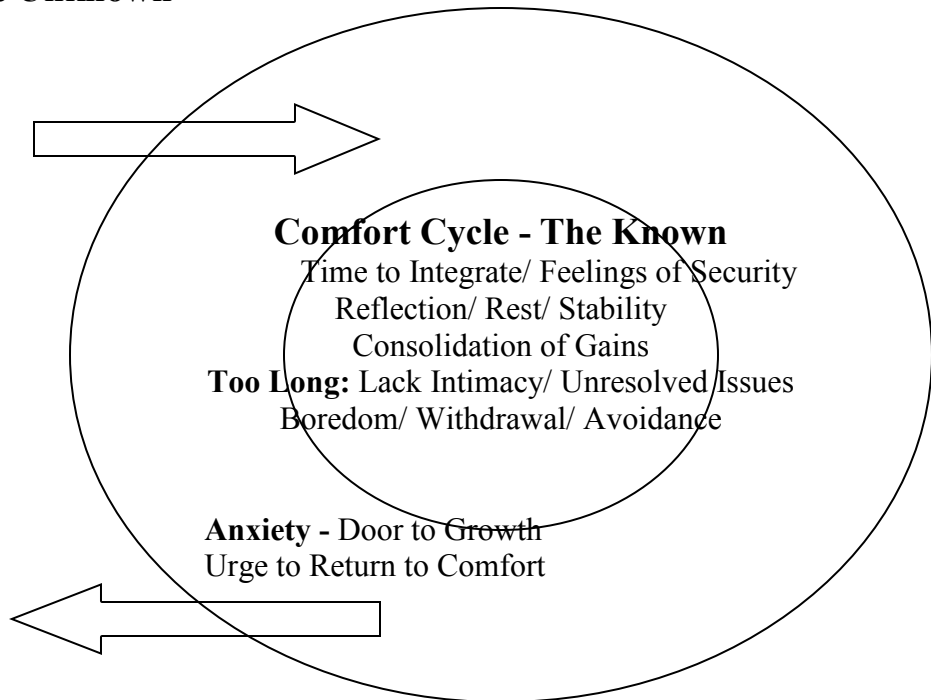
Autonomy	Intimacy
Separateness	Togetherness
Independence	Interdependence
Personal Space	Proximity/ Touch
Personal Development	Relationship Development
Distance	Closeness
Time with Self	Time with Other
Self - reliance	Teamwork
Solitude	Affiliation
Personal Identity	Adaptability
Boundaries	Boundary Dissolution
Individuality	Mutuality
Freedom	Structure
Self-sufficiency	Reciprocity
Private	Open
“I”	“We”

Growth Cycle - The Unknown

Erratic Feelings
Fear/ Excitement
Testing of Integrity
Disorientation
Confrontation

Tasks:

Differentiation
Tell Truth and Be Truth
Develop Resilience
to Change
Create a Deep & Wide
Reservoir of Goodwill



Compiled by Donna Miller of Inner Action Training & Counseling - based on the work of David Schnarch, PhD

Differentiation - Holding on to Yourself (Autonomy, Integrity, Authenticity)

- Knowing who you are, what you value and believe
 - Being willing to speak it & to stand in your truth
 - While under strong pressure to change/ not change
- AND**
- Having the capacity to stay connected/ engaged with your partner

Practices

- **Self Soothing:** Breathing, grounding, managing your anxiety, calming yourself down/ not working yourself up.
- **Self Validating:** Not being dependent on your partner's agreement, validation or emotional support.
- **Not Getting Infected:** with your partner's anxiety/reactivity, staying present and stable.
- **Self Confronting:** Facing yourself and reality head on, courageously acknowledging your weak areas, mistakes and smallness to yourself and your partner. Holding your own feet to the fire of growth (so that you can become the kind of person who is capable of creating the kind of relationship you want.)
- **Shifting the Focus to:** Becoming the right partner rather than finding the right partner. Being accountable and growing up. Tolerating the pain of growth.