



CO-DEPENDENCE VERSUS INTERDEPENDENCE

CO-DEPENDENCE	INTERDEPENDENCE
<ul style="list-style-type: none"> ◇ Possessiveness ◇ People in relationship are guarded 	<ul style="list-style-type: none"> ◇ Each individual in the relationship feels freedom and promotion of growth ◇ Each partner is focused on the other's personal development
<ul style="list-style-type: none"> ◇ Threatened by difference ◇ Enmeshed identities ◇ Desire to be just like one another 	<ul style="list-style-type: none"> ◇ Partners maintain separate identities ◇ Partners value differences in each other ◇ Both partners are reliant on each other having good self-esteem
<ul style="list-style-type: none"> ◇ Focus of relationship is controlling the other person 	<ul style="list-style-type: none"> ◇ Goal of relationship is separate people working toward a mutual goal
<ul style="list-style-type: none"> ◇ Cycles of ups and downs 	<ul style="list-style-type: none"> ◇ Able to maintain an attitude of mutual respect and consistency
<ul style="list-style-type: none"> ◇ Desire to crowd out people or activities that don't include both partners 	<ul style="list-style-type: none"> ◇ Desire for outside activities for each partner that will bring balance and growth to the relationship
<ul style="list-style-type: none"> ◇ One partner reacts to the mood of the other, taking on their mood state 	<ul style="list-style-type: none"> ◇ You can sympathize, but do not take on the partner's problems as your own

