

CO-DEPENDENCE	INTERDEPENDENCE
<ul style="list-style-type: none"> ◇ Possessiveness and territoriality ◇ Concerned about saying or doing the wrong thing 	<ul style="list-style-type: none"> ◇ Each individual is free to grow and has the freedom to change ◇ Focused on the other's personal development
<ul style="list-style-type: none"> ◇ Threatened by being different from your partner ◇ Merged identities 	<ul style="list-style-type: none"> ◇ Separate identities ◇ Partners value each other's differences ◇ Partners rely on each having good self-esteem
<ul style="list-style-type: none"> ◇ Controlling 	<ul style="list-style-type: none"> ◇ Goal of relationship is separate people working toward a mutual goal
<ul style="list-style-type: none"> ◇ Relationship is volatile 	<ul style="list-style-type: none"> ◇ Partners can negotiate, compromise, and demonstrate mutual respect
<ul style="list-style-type: none"> ◇ Desire to only engage in activities together 	<ul style="list-style-type: none"> ◇ Desire for each partner to bring outside activities to the relationship for balance
<ul style="list-style-type: none"> ◇ One partner reactionary to mood state of the other, taking on the other partner's mood state 	<ul style="list-style-type: none"> ◇ Sympathize with partner's mood states, but partner's problems are their own

