

GRANDIOSITY (ONE UP)

One Up & Walled Off

"You're Not Worthy."
Passive Aggressive, Never Wrong
Mean, Refusing, Cold
Indifferent, Dismissive

One Up & Boundaryless

"How Dare You!"
Self-Righteous, Angry, Volatile
Reactive, Controlling
Harsh, Retaliatory

BOUNDARYLESS (DEPENDENT)

WALLED OFF (AVOIDANT)

HEALTH
EQUALLY IMPERFECT
(NOT BETTER OR WORSE)
RESPONSIVE & ENGAGED
HEALTHY BOUNDARIES
ENFORCED

"Why Even Try?"
Helpless, Hopeless, Fearful
Worthless, Withdrawn, Resigned
Depressed, Self-Medicating

"Whatever You Want!"
Desperate, Panicked
Heightened Sense of Urgency
Anxious, Clingy, Manipulative

One Down & Walled Off

One Down & Boundaryless

SHAME (ONE DOWN)

Adapted from Terry Real's "Relationship Grid"
in "The New Rules of Marriage"