



Differentiation

■ Self-Differentiation

Identify own thoughts, feelings, wants and desires

Express thoughts, feelings, wants and desires congruently

Being an effective initiator-
(containing self, managing defenses, open vulnerability)

Actively managing emotional contagion-not getting swept up in partners feelings

■ Differentiation from Partner

Able to listen without interrupting or defending self

Asking other-directed questions

Able to have genuine interest and curiosity about partner's internal process

Understanding partner in light of their history

Works to develop and express empathy

Manages emotional contagion