



# Differentiation

- **Self-Differentiation**

- Identify own thoughts, feelings, wants and desires
- Express thoughts, feelings, wants and desires congruently
- Being an effective initiator/speaker (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