

Dominate : Submit

A common interaction cycle that occurs in couples as attempts to cope with and protect against identity-based fears and concerns.

Behaviors

Manage
Control
Intimidate
Fix
Deflect
Dismiss

Underlying Emotions

Fear of loss of control
Shame of diminishment and inadequacy



Behaviors

Placate
Please
Enable
Tolerate
Defer
Collapse

Underlying Emotions

Anger
Fear of abuse
Shame of inadequacy

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Adapted from Greenberg, Leslie S.; Goldman, Rhonda N. (2008). *Emotion-focused couples therapy: the dynamics of emotion, love, and power*. Washington, DC: American Psychological Association. Adapted with permission.