

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.