

CODEPENDENCY AND DIFFERENTIATION

Codependent behavior	Explanation	Interdependent skill or behavior to apply
Underfunctioning	Not taking responsibility for what's yours or what the relationship needs to stay healthy, blaming others for your difficulties or pain. Getting stuck in a victim narrative.	Acknowledge the areas of your life where you have made a partner responsible for some aspect of your personal wellbeing—physical, emotional, financial, administrative, etc. Assume the responsibility for this element of your experience unless otherwise negotiated.

Codependent behavior	Explanation	Interdependent skill or behavior to apply
Pulling away/ withdrawing	Taking a posture in a relationship that is too far back: disengaging, avoiding, disconnecting, not touching, too little contact.	Learning how to lean into and reach for your partner and interpersonal interactions.
Pushing into/grasping	Taking a posture towards a partner that is too far in: steamrolling, clinging, constant texting, too much contact.	Learning self-regulation skills so you can soothe yourself in moments of anxiousness.
Overfunctioning	Too much responsibility for the relationship or your partner, too much emotional or practical labor, rescuing, being someone's coach or therapist, thinking you're responsible for your partner's reactions or feelings. Thinking you can fix what's happening for others.	Look at the ways the strategy of caretaking your partners interferes with or overrides your ability to tend to your own needs. Recognize any discomfort you may feel when seeing partners struggle with life challenges and resist the urge to rescue them from their difficulty or pain. Respect their autonomy as individuals and their need to cultivate personal agency.

Codependent behavior	Explanation	Interdependent skill or behavior to apply
Holding in	The way you relate to your internal reality is by holding it in, containing or keeping in things that need to be expressed, as well as concealing, minimizing or denying your experience and reality.	Sharing your inner world in a way that reveals your truth, opinion, feelings and needs. Speaking up and advocating for yourself when timely and appropriate.
Venting out	The way you relate to your internal reality is by pushing it out, making it known to everyone around you, dumping it onto others or exaggerating and dramatizing it.	Learning how to hold your own experience with an appropriate level of containment that can share what you're going through but does not put it onto others.