



SOCIALIZED MIND	SELF-AUTHORING MIND
<div>Reflected Sense of Self</div> <div><ul style="list-style-type: none"><li>- There is an infallible, unquestioned guide outside of me.</li><li>- I am loyal to my relationship &amp; partner that organizes me.</li><li>- Psychological dependence.</li><li>- I am made up of my beliefs, values and ideas.</li></ul></div>	<div>Differentiated Sense of Self</div> <div><ul style="list-style-type: none"><li>- I possess a fallible guide within myself.</li><li>- I organize and manage myself.</li><li>- Psychological independence.</li><li>- I create my beliefs, values and ideas</li></ul></div>
<div>Closeness Comes from Sameness</div> <div><ul style="list-style-type: none"><li>- I often feel pulled or pushed by people into places I do not want to go.</li><li>- Closeness comes from supporting and being supported by people around me.</li><li>- We share the same mind in that we have the same beliefs, values and ideas.</li><li>- Closeness is sharing the same activities.</li><li>- I am made up by my partner’s experience.</li><li>- Difference and diversity is a threat to relationships.</li></ul></div>	<div>Distinctness Creates Closeness</div> <div><ul style="list-style-type: none"><li>- Closeness does not require me to be made up by their experience.</li><li>- We are two distinct and, in many ways, different individuals.</li><li>- I can stand outside of the relationship without being out of relationship.</li><li>- I support myself, and when appropriate I can support and or challenge others.</li><li>- Difference and diversity is welcomed and accepted.</li><li>- Closeness is sharing the process that we author and create our own values, ideals and beliefs.</li></ul></div>
<div>Relationships &amp; Culture Set Limits</div> <div><ul style="list-style-type: none"><li>- I am defensive toward a partner who pushes and pulls me in ways I don’t like.</li><li>- Social norms set my boundaries.</li><li>- The loyalties that hold me, set my boundaries.</li><li>- Roles create, manage and limit me.</li></ul></div>	<div>Establishing Limits based on my Inner Authority</div> <div><ul style="list-style-type: none"><li>- I can simultaneously include and exclude based on my directive.</li><li>- I create and manage my boundaries.</li><li>- I establish and fashion the roles that are best suited to me and my situation.</li><li>- I limit and manage my loyalties.</li></ul></div>
<div>Partner Expectations</div> <div><ul style="list-style-type: none"><li>- I am made up by my partner’s experience, I experience what they do.</li><li>- My partner should conform to cultural norms and expectations.</li><li>- People close to me are to meet my understandable personal preferences.</li><li>- It is not okay for my partner to disappoint me. They are responsible for my happiness.</li></ul></div>	<div>Facilitating my Partner’s Development</div> <div><ul style="list-style-type: none"><li>- I can provide company to my partner in their experience. I do not have to experience the same thing as my partner.</li><li>- I sign on to my partner’s plan or aspiration. I support my partner’s goals.</li><li>- I can be loyal to both who they are, or who they can become (I can support and or challenge).</li><li>- It is okay for my partner to disappoint me. I am responsible for my experience and happiness.</li></ul></div>
<div>Covert Communication</div> <div><ul style="list-style-type: none"><li>- We share one heart and one mind, my partner is expected to know me.</li><li>- I indirectly and covertly make attempts to be known.</li><li>- I make complaints when my partner does not get me and I am frustrated.</li><li>- I covertly reprimand my partner for not understanding my needs.</li></ul></div>	<div>Clear &amp; Direct Communication</div> <div><ul style="list-style-type: none"><li>- I demand clear and direct communication.</li><li>- I make clear requests.</li><li>- My partner is free to meet me or not based on his or her own needs.</li></ul></div>
<div>The Truth</div> <div><ul style="list-style-type: none"><li>- I am my issues.</li><li>- I see <i>the</i> truth.</li><li>- My experience is a given.</li><li>- My partner is responsible for controlling my experience.</li></ul></div>	<div>Historical Insight Creates A Truth</div> <div><ul style="list-style-type: none"><li>- I have and thus can manage my issues.</li><li>- I possess a truth.</li><li>- I am the author, critiquer and remaker of my experience.</li><li>- I see how my history informs my present experience.</li></ul></div>