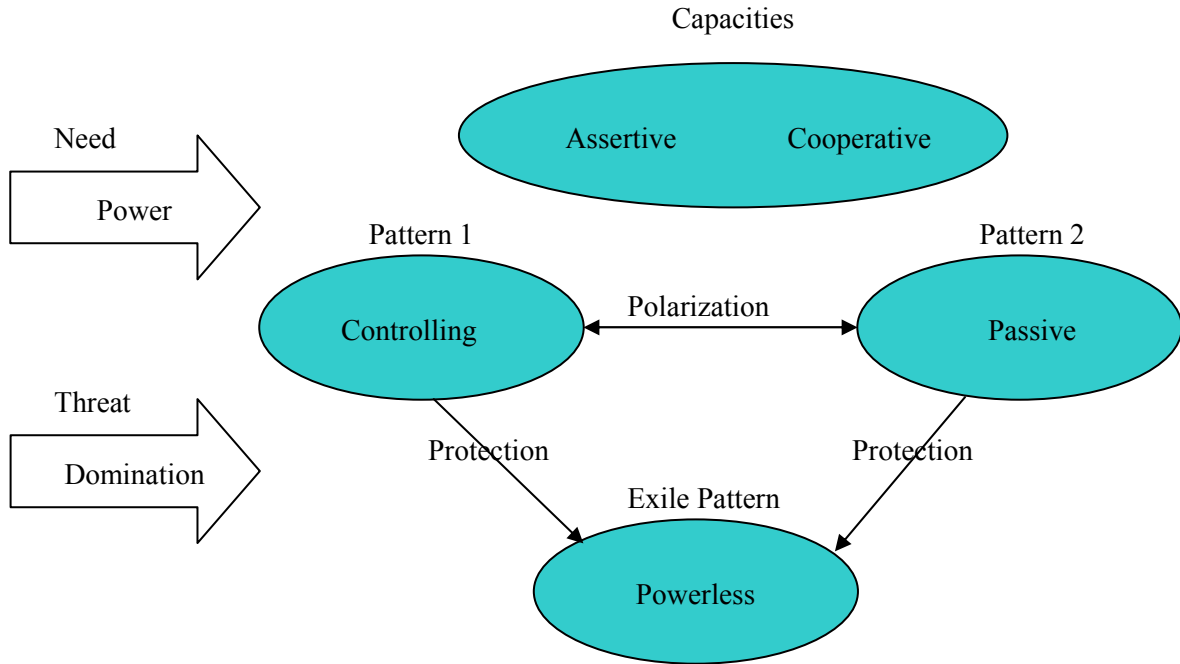


## Interpersonal Dimension Chart

<b>Dimension</b>	<b>Need</b>	<b>Threat</b>	<b>Exile Pattern</b>	<b>Pattern1</b>	<b>Capacity1</b>	<b>Capacity2</b>	<b>Pattern2</b>
Power	Power	Domination	Powerless	Passive	<i>Cooperative</i>	<i>Assertive</i>	Controlling
Self-Perception	Value	Deficiency	Deficient	Self-judging	<i>Self-exploring</i>	<i>Self-esteem</i>	Prideful
Conflict	Acceptance	Blame	Deficient	Conflict avoiding	<i>Accepting</i>	<i>Challenging</i>	Blaming
Connection	Connection	Rejection	Insecure	Self-effacing	<i>Authentic</i>	<i>Confident</i>	Charming
Support	Support	Loneliness	Needy	Dependent	<i>Vulnerable</i>	<i>Self-supporting</i>	Need-denying
Care	Autonomy	Obligation	Obligated	Caretaking	<i>Caring</i>	<i>Wanting</i>	Self-absorbed
Intimacy	Intimacy	Abandonment	Abandoned	Merged	<i>Loving</i>	<i>Autonomous</i>	Distancing
Trust	Trust	Deception	Deceived	Gullible	<i>Trusting</i>	<i>Curious</i>	Suspicious

## Power Dimension

Situation: There is a difference between what you want or think should be done and what someone else or a group wants.



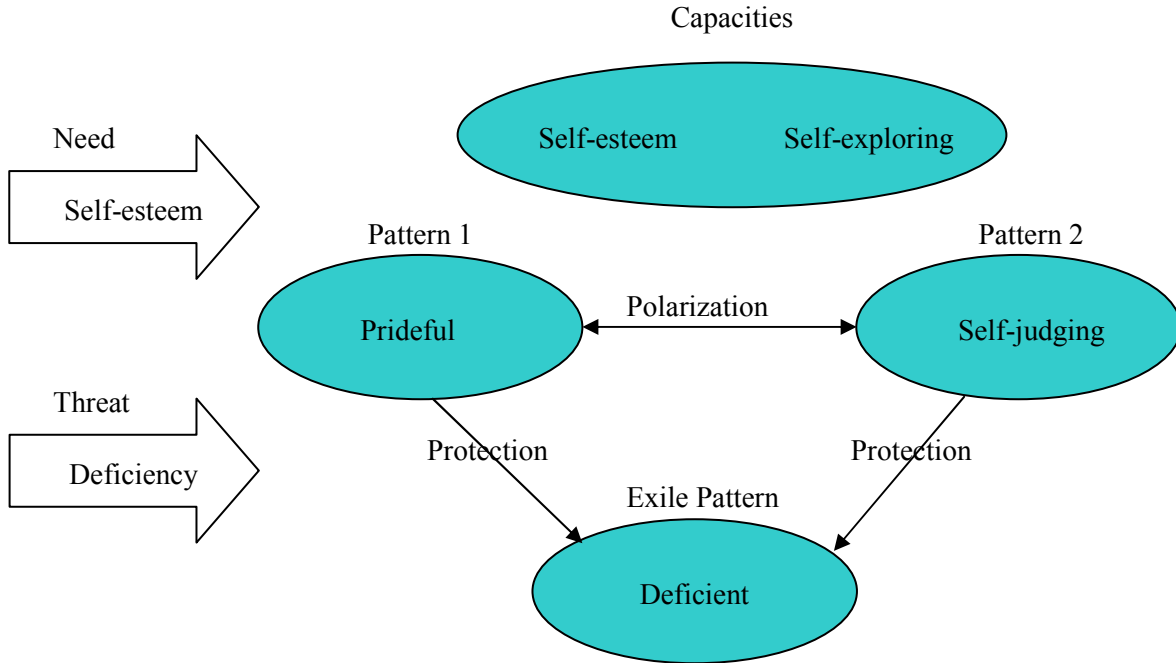
### Capacities

Cooperative	Able to be receptive and work well with others
Assertive	Exerting power to get what you want, protect yourself, or achieve what you think is right

Pattern	Behavior	Conscious Statement	Unconscious Motivation
Powerless	Feel under someone else's power, trapped, helpless		
Passive	Doesn't assert power or gives up easily.	I wouldn't get anywhere.	It's not safe to exert power.
Controlling	Dominant, demanding	I'm in charge. Let's do it my way.	If I am in power, then I won't be harmed, controlled, or rejected.

## Self-Perception Dimension

Situation: Your perception of yourself, especially in response to situations that bring up feelings about yourself, including other people's perception of you.



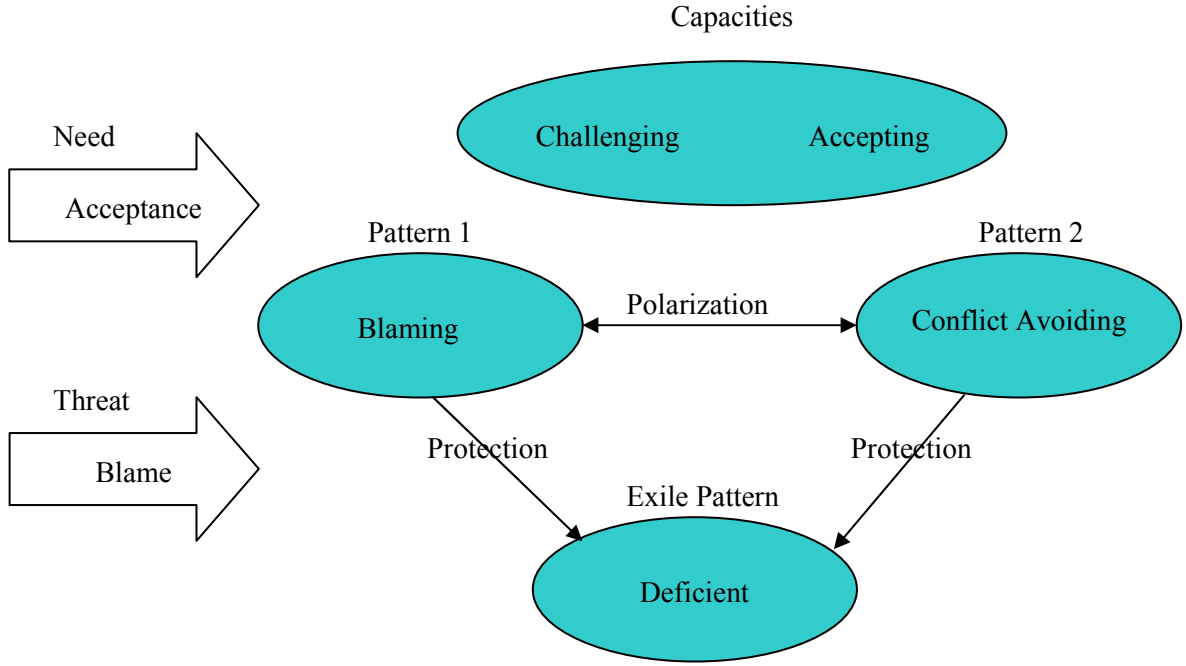
### Patterns

Self-exploring	Having insight into yourself, being in touch with feelings, having interest in exploring yourself, responding non-defensively to challenges
Self-esteem	Self-accepting, feeling good about yourself without having to earn it, confident, feeling valuable

Pattern	Behavior	Conscious Statement	Unconscious Motivation
Deficient	Feeling bad about yourself, ashamed, worthless, not valuable, guilty		
Self-judging	Judging, attacking, or shaming yourself	I am bad/worthless.	same
Prideful	Overly invested in your performance or attributes, condescending, defensive	I am special & better than others.	If I feel special and superior, I won't feel deficient.

## Conflict Dimension

Situation: There is a conflict or potential conflict between you and another person or group. Someone is unhappy about something that the other is doing.



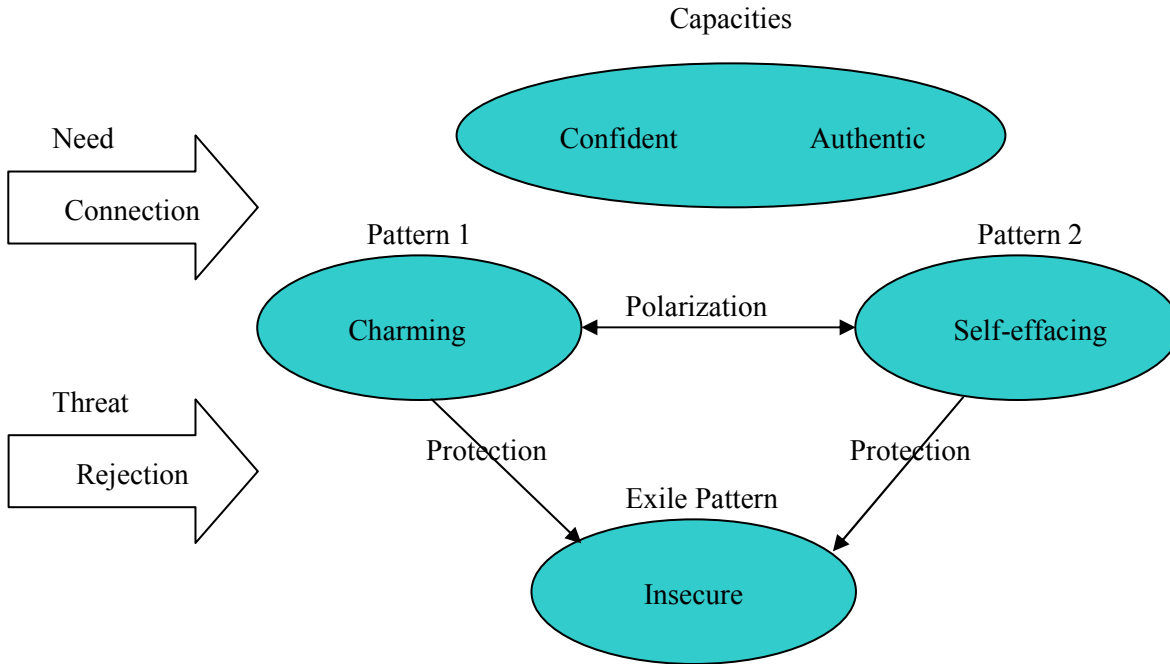
### Capacities

Challenging	I can challenge you about something I am unhappy about in a way that you are likely to hear me.
Accepting	I am accepting of you even when you do things I am unhappy about.

Pattern	Behavior/Attitude	Conscious Statement	Unconscious Motivation
Deficient	Feeling bad about yourself, ashamed, worthless, not valuable, guilty		
Blaming	Judgmental, angry, assigning blame to others.	It's your fault.	If I blame you, maybe you change and give me what I want.
Conflict-avoiding	Avoid bringing up conflicts, compliant, pleasing, taking on blame	We don't need to deal with it.	If I bring up conflict, I'm afraid I will be attacked or abandoned.

## The Connection Dimension

Situation: You want to connect with a person or group and express yourself.



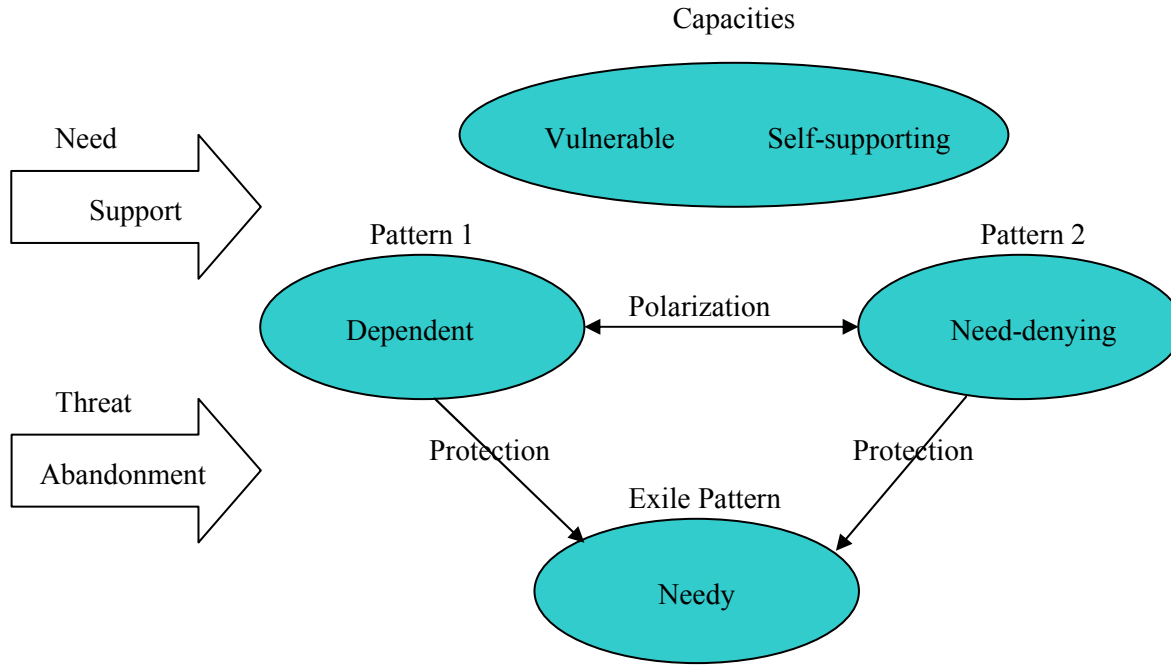
### Capacities

Confident	I feel confident interpersonally. I enjoy social contact. I am affectionate, outgoing, and expressive
Authentic	I act in a way that reflects my true feelings and attitudes.

Pattern	Behavior/Attitude	Conscious Statement	Unconscious Motivation
Insecure	I am not interesting or desirable. I am afraid of being hurt, shamed, or rejected.		
Charming	Seductive, entertaining, charismatic, flattering, histrionic, humorous	Look at me. Aren't I terrific?	If I charm people, I can get what I want without risking rejection.
Self-effacing	Avoid self-expression or reaching out, withdrawn, awkward, shy	I'd rather hang back. I'm not important.	If I don't try to connect or express myself, I can avoid rejection.

## Support Dimension

Situation: You are in pain or need support or caring in some way, from yourself or others.



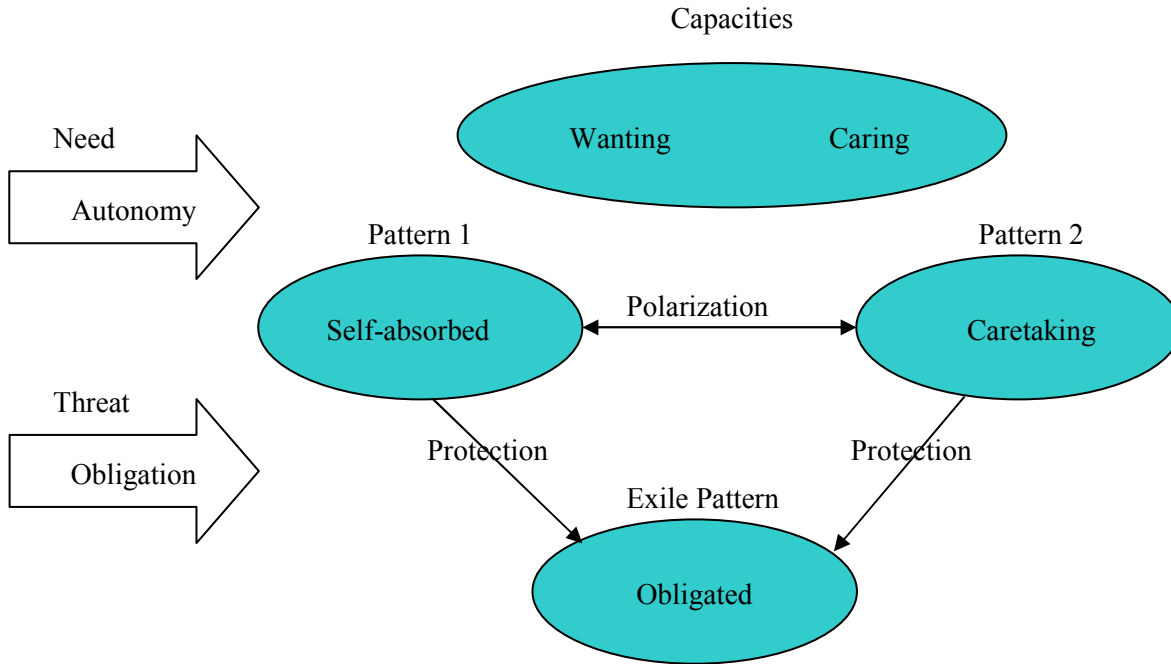
### Capacities

Vulnerable	I am open emotionally to pain and need. I am willing to show this to others and to ask for support or help
Self-supporting	I can nurture and take care of myself. I am grounded.

Pattern	Behavior/Attitude	Conscious Statement	Unconscious Motivation
Needy	Over-react to loss. Feel lonely, incapable of making it on my own.		I am unlovable. I feel empty inside.
Dependent	Have a hard time being alone. Pull for or demand much caring and support.	I need you.	If I can get you to care for me, I will be safe and whole.
Need-denying	Defend against feeling or showing needs or vulnerability	I don't need very much. I can take care of myself. I have it together	My needs are bad. It is dangerous to be vulnerable. I will be rejected if I need things.

## The Care Dimension

Situation: There is a question of whether you focus your attention on your needs and desires or those of others, especially if they seem sensitive or in need of support.



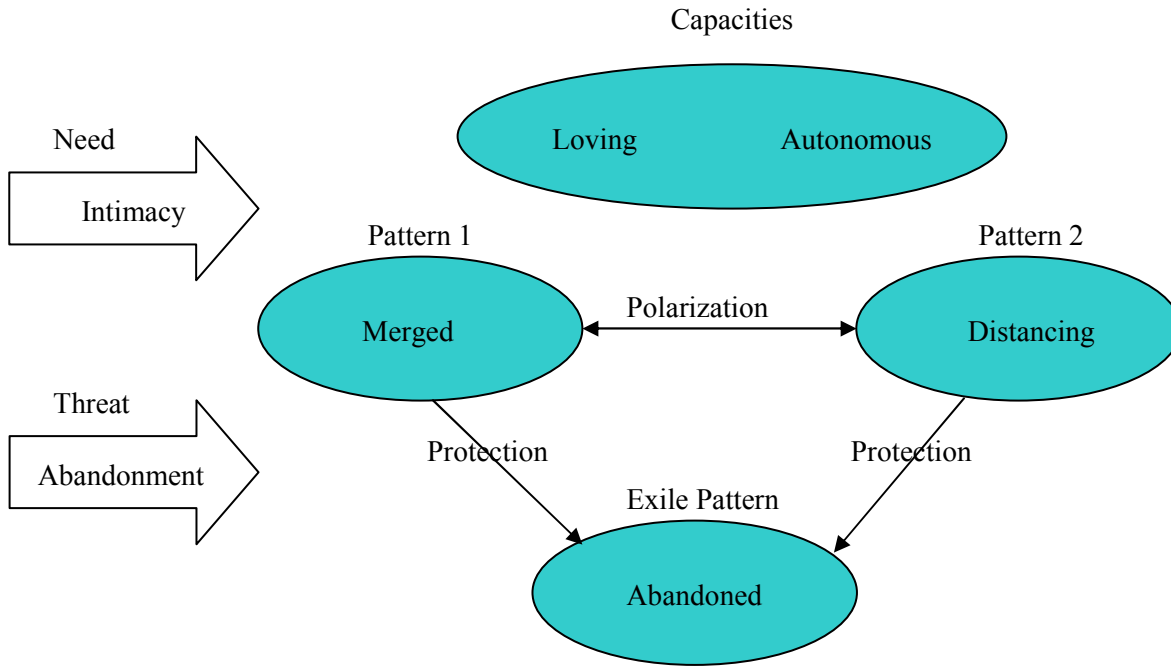
### Capacities

Wanting	Knowing what you want, feeling desire, able to ask for what you want
Caring	Wanting the best for others, compassionate, nurturing, empathic

Pattern	Behavior/Attitude	Conscious Statement	Unconscious Motivation
Obligated	Feel obliged to care for others and please others and responsible for their feelings.		To prevent breakdown or neglect, and to get approval.
Caretaking	Cares for others rather than self	I will take care of you.	My only value comes from caring for others.
Self-absorbed	Unaware of other people's feelings, needs, or boundaries	My needs are all important.	No one else cares about my needs so I must.

## Intimacy Dimension

Situation: You are in a relationship with a person or group that has the potential to be close and intimate.



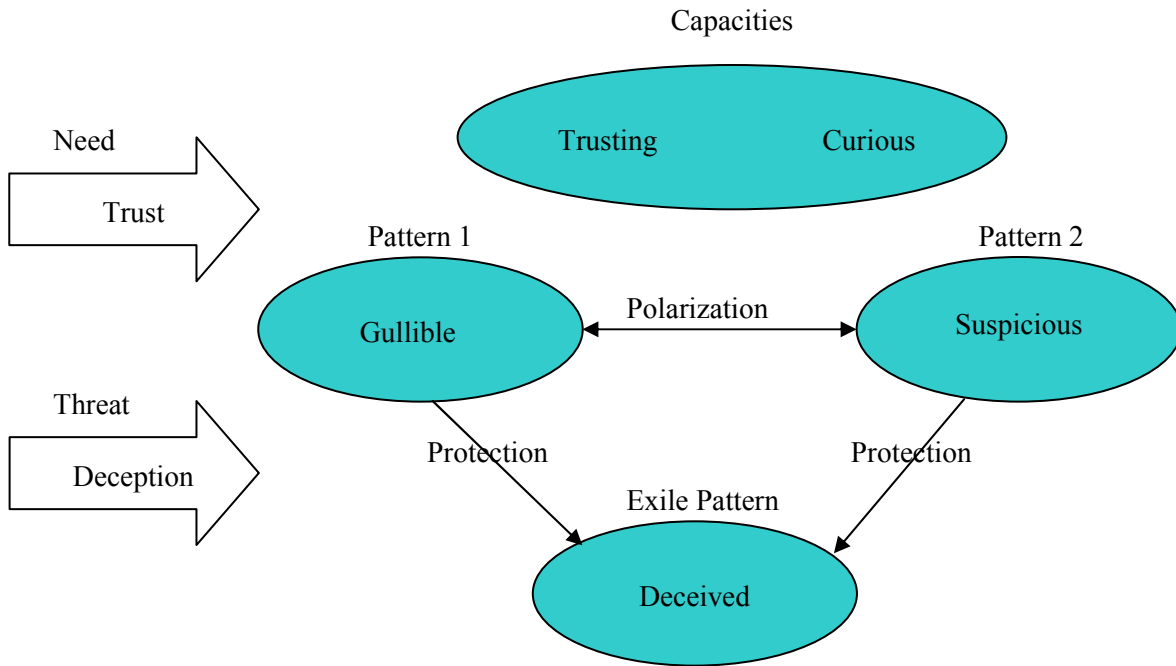
### Capacities

Loving	I am able to connect with others. I am relationship-oriented, warm, close, intimate, community-oriented. I can be committed and secure in a relationship or group.
Autonomous	I know my own desires, opinions, and feelings. I am in touch with my uniqueness.

Pattern	Behavior/Attitude	Conscious Statement	Unconscious Motivation
Abandoned	Frightened of loss or being left, Needy.		
Merged	Try to think, feel, and act like someone you are close to.	We two are one.	If we are merged, then I'll be loved and I won't lose you.
Distancing	Avoid relationship, contact, or commitment; isolated, withdrawn, rigid boundaries	I am separate from you.	If we are close, I will be controlled or harmed. I must be distant to be autonomous.

## Trust Dimension

Situation: You are in a relationship with a person or group that requires a certain amount of trust for it to be successful.



### Capacities

Curious	I want to understand people and see them clearly, including what is going on beneath the surface.
Trusting	I tend to trust people without being naive.

Pattern	Behavior/Attitude	Conscious Statement	Unconscious Motivation
Deceived	Afraid of being deceived, manipulated, or betrayed.		
Gullible	Easily deceived and manipulated.	I trust you implicitly.	Desire for connection is so high that warning clues are ignored.
Suspicious	Look for hidden meaning and negative feelings toward you. Hold back from relationships involving trust.	I don't trust you.	Expect people to lie, manipulate, or not follow through.