

Dependency Continuum

Perfectionism

Antidependence

Interdependence

Overdependence

Love Addiction

- No human limits
- Doesn't recognize needs or wants
- Doesn't feel hunger or exhaustion or need for touch
- Dissociated

- Doesn't let anyone in
- Completely self-sufficient (internally focused)
- Knows needs and wants exist, but can't ask for help
- Believes it can only be done right by them

- Self-sufficient
- Connected to self
- Can help others when they really need it
- Can ask for help when needed
- Recognizes the right to say no to even reasonable requests

- Believes worth is based on connection to others
- Happiness, success, and safety depends on others
- Enmeshed

- No boundaries
- Believes they are worth less than others
- Believes they need to be in a relationship to exist
- Looks for intensity rather than vulnerability in connection