

Relationship Polarity Continuum

Codependent Traits

- Self-sacrificing
- Compelled to help
- Self-critical
- Perfectionistic
- Lack of boundaries
- Overly understanding
- Overly compassionate
- “Other” referenced
- Subversively controlling
- Anxious-insecure attachment

Narcissistic Traits

- Sense of self-importance
- Need for admiration
- Disregard for others’ feelings
- Inability to receive feedback
- Defensive
- Sense of entitlement
- Exploits others
- Demeaning & intimidating
- “Self” referenced
- Avoidant or disorganized attachment