



How to balance separateness and togetherness

Summary

- Partners need to be both dependent on and as well as independent of each other. Both need to learn to be differentiated – to define and distinguish themselves in relation to the other.
- The more differentiated both partners are the more mature is the relationship.
- The opposite of differentiation is emotional fusion or enmeshments where partners are not able to know where one person starts and the other ends.
- You need to be your own person as well as part of a couple.
- The more differentiation in the relationship the less conflict there is.