



Anxiety Binding Mechanisms

CONFLICT

Criticize, Blame

First

Worst

Last

Notes

DISTANCE

Silence, Cutoff, Abandonment

First

Worst

Last

Notes



Anxiety Binding Mechanisms

TRIANGLING

Gossip, Getting ganged up on, Child Focus, Overfocus

First

Worst

Last

Notes

OVERFUNCTIONING/UNDERFUNCTIONING RECIPROCITY

Co-Dependency, Addiction becomes more important than relationship

First

Worst

Last

Notes
