

**Table 3.1: Summary of Core Differences**

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| <p>1</p> <p><b>Independence vs. Togetherness</b></p>           | <p><b>Independence-First</b></p> <ul style="list-style-type: none"> <li>Often prefer to engage in activities and tasks independently</li> <li>Each partner mostly assumes responsibility for meeting their own needs and completing their own tasks.</li> <li>Rather than assuming responsibility for anticipating each other's needs, each partner expects the other to speak up when they need something.</li> </ul> <p><b>Dream:</b> Not having to worry about inadvertently hurting someone by one's inattentiveness. Not being responsible for someone else's happiness.</p> <p><b>Fear of Accepting Influence:</b> I'll spend my whole life meeting my partner's needs, and I'll be neglected.</p> <p><b>Critical Stance:</b> You want me to read your mind! You expect too much! You want me to do things for you that you're perfectly capable of doing for yourself! You're too needy!</p> | <p><b>Togetherness-First</b></p> <ul style="list-style-type: none"> <li>Often prefer to engage in activities and tasks together</li> <li>Each partner counts on help from the other in completing tasks or shouldering burdens.</li> <li>Each partner anticipates the needs of the other, and attempts to meet them without having to be asked.</li> </ul> <p><b>Dream:</b> That my partner would take my feelings into consideration without my demanding it. A feeling of companionship. Never having to be alone.</p> <p><b>Fear of Accepting Influence:</b> I'll feel like I'm in this world alone. There will be nobody looking out for me but myself. I've got no backup. I'm on my own.</p> <p><b>Critical Stance:</b> You live in your own little world! You're self-centered (or selfish)! Anyone in her right mind would have realized that I needed help. I shouldn't have had to ask!</p> |
| <p>2</p> <p><b>Present vs. Future Orientation</b></p>          | <p><b>Invest-in-the-Future-First</b></p> <p>Delay gratification. Work first, then play.</p> <p><b>Dream:</b> To share a secure future together.</p> <p><b>Fear of Accepting Influence:</b> If we goof around along the way, we may invest inadequately in our future happiness.</p> <p><b>Critical Stance:</b> You're lazy! You're irresponsible! You're like a child who has to have everything right now!</p>   | <p><b>Live-for- the-Moment-First</b></p> <p>Invest in the future, but not at the expense of enjoying the present.</p> <p><b>Dream:</b> To have a life where you enjoy each moment.</p> <p><b>Fear of Accepting Influence:</b> Life will be a continual chore. What's the point, if you don't enjoy it along the way? There will always be more work... enjoyment will fade.</p> <p><b>Critical Stance:</b> You're anal, neurotic, anxious, etc.</p>   |
| <p>3</p> <p><b>Degree of Structure</b></p>                     | <p><b>Predictability-First</b></p> <p>Seek security, predictability and order first, and then can experiment within the safe parameters.</p> <p><b>Dream:</b> To have a safety net so that life feels more stable, less anxiety-provoking.</p> <p><b>Fear of Accepting Influence:</b> If you don't plan it, it might not happen. Life will be out of control.</p> <p><b>Critical Stance:</b> You're reckless!</p>   | <p><b>Spontaneity-First</b></p> <p>Seek adventure, creativity, open-endedness first; the rest will fall into place. Be more structured only if a more spontaneous approach fails.</p> <p><b>Dream:</b> To avoid boredom. Life as an adventure!</p> <p><b>Fear of Accepting Influence:</b> Slowly dying of boredom. Life will be dull and meaningless.</p> <p><b>Critical Stance:</b> You're boring! You're a coward!</p>  |
| <p>4</p> <p><b>First Reaction to Things You Don't Like</b></p> | <p><b>Slow-to-Upset</b></p> <p>Getting upset doesn't help anything. Don't make a big deal of things. It's not the end of the world if everything doesn't go the way you wanted it to.</p> <p><b>Dream:</b> To have a partner who doesn't freak out when I fail to meet her expectations.</p> <p><b>Fear of Accepting Influence:</b> That life will become a never-ending series of things to be upset about.</p> <p><b>Critical Stance:</b> You are never satisfied! You're a negative person. You're not happy unless you have something to be upset about!</p>  | <p><b>Readily-Upset</b></p> <p>It's normal to feel upset when something seems wrong, deficient or less than it should be. If nobody gets upset, nothing ever changes.</p> <p><b>Dream:</b> To have a partner who understands that there's nothing wrong with getting upset if something bothers you.</p> <p><b>Fear of Accepting Influence:</b> That I'll go through life stifling my feelings.</p> <p><b>Critical Stance:</b> You're a fake. Underneath it all, you get just as upset as I do. You're just afraid of a little conflict! You're a wimp!</p>   |
| <p>5</p> <p><b>Resolving Upset Feelings</b></p>                | <p><b>Problem-Solving-First</b></p> <p>Feel better by doing something about the upsetting situation. Solve the problem or make a plan and you'll feel better.</p> <p><b>Dream:</b> To have a partner who lets bygones be bygones—who has a positive attitude toward life.</p> <p><b>Fear of Accepting Influence:</b> I don't want to "fuel the fire" by giving her negative feelings too much attention.</p> <p><b>Critical Stance:</b> You're a hopelessly negative person, a whiner, a victim. Stop feeling sorry for yourself and get over it. Either do something about it or get over it!</p>  | <p><b>Understanding-First</b></p> <p>Feel better by feeling understood.</p> <p><b>Dream:</b> For someone to understand what its like to be me. To avoid loneliness.</p> <p><b>Fear of Accepting Influence:</b> If you let go of upset feelings before feeling understood, you will never feel understood. You'll just fix things on the surface.</p> <p><b>Critical Stance:</b> You couldn't care less about how I feel! You just want to pretend the whole thing never happened!</p>   |