

The Relationship Grid

GRANDIOSITY

WALLED OFF
(LOVE AVOIDANT)

WALLED OFF AND ONE UP

Indifference
Passive-aggression
“You are not worthy”

BOUNDARY-LESS AND ONE UP

Control
Anger

BOUNDARY-LESS
(LOVE DEPENDENT)

HEALTH

Resignation
Withdrawal
Depressed

Desperation
Manipulation

WALLED OFF AND ONE DOWN

BOUNDARY-LESS AND ONE DOWN

SHAME

Take the Quiz

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