

## Levels of Couple & Family Dynamics

Table 1.1

COHESION				
	DISENGAGED (Unbalanced)	CONNECTED (Balanced)	COHESIVE (Balanced)	ENMESHED (Unbalanced)
Characteristic				
<b>Separateness-togetherness</b>	High separateness	More separateness Than togetherness	More togetherness Than separateness	Very high
<b>I-We balance</b>	Primarily I	More I than We	More We than I	Primarily We
<b>Closeness</b>	Little closeness	Low to moderate Closeness	Moderate to high Closeness	Very high closeness
<b>Loyalty</b>	Lack of loyalty	Some loyalty	Considerable loyalty	High loyalty
<b>Activities</b>	Mainly Separate	More separate than shared	More shared than separate	Mainly Shared
<b>Dependence-Independence</b>	High Independence	More independence than dependence	More dependence than independence	High dependence

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	FLEXIBILITY			
	RIGID (Unbalanced)	STRUCTURED (Balanced)	FLEXIBLE (Balanced)	CHAOTIC (Unbalanced)
Characteristic				
Leadership	Authoritarian (high control)	Sometimes Shared	Often Shared	Lack of Leadership
Discipline	Strict Discipline	Somewhat democratic	Democratic	Lenient Discipline
Negotiation	Limited Discussion	Organized Discussion	Open Discussion	Endless Discussion
Roles	Roles Very Stable	Roles Stable	Role Sharing	Dramatic Role Shifts
Rules	Unchanging Rules	Few Rule Changes	Some Rule Changes	Frequent Rule Changes
Change	Very Little Change	Some Change	Moderate Change	Considerable Change

## Communication

	POOR	GOOD	VERY GOOD
Characteristic			
<b>Listening Skills</b>	Poor listening Skills	Appear to listen but feedback Is limited	Give feedback, indicating good listening skills
<b>Speaking Skills</b>	Often Speak for others Uses a lot of “you” statements	Speak for self more than for others	Speak mainly for self rather than for others
<b>Self-Disclosure</b>	Low sharing of feelings	Moderate sharing of feelings	High sharing of feelings
<b>Clarity</b>	Inconsistent messages	Clear Messages	Very clear messages
<b>Staying on Topic</b>	Seldom stay on topic	Often stay on topic	Mainly stay on topic
<b>Respect &amp; Regard</b>	Low to Moderate	Moderate to High Reflecting good intentions	High Good intentions and positive communication