

## Pursuer

When we...

- Feel anxious and insecure
- Eager to get closer
- Eager to talk things out



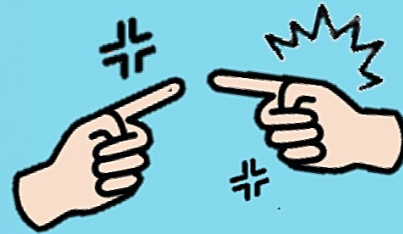
The other side may feel...

- Suffocated and seek distance from us.

## Blamer

When we...

- Flare up and argue
- "I am right, you are wrong"
- Try to change another side



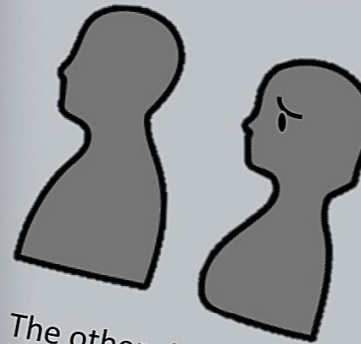
The other side may feel...

- Humiliated and want to fight back.

## Distancer

When we...

- Don't open up
- Seek emotional distance and physical space when stress is high



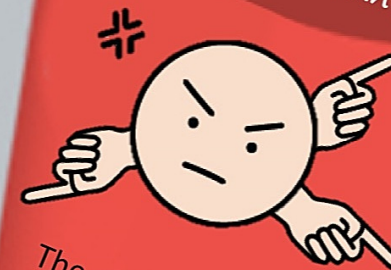
The other side may feel...

- Being rejected and desperate.

## Overfunctioner

When we...

- Too quick to advise and help the other out
- "I know what is best for you"
- "My idea is better than yours"



The other side may feel...

- Lost of autonomy and want to resist or give up.

When conflict occurs, what is your conflict response style?

# Aware of the Mutually Reinforcing Trap

Good parent-teen relationship  
≠ No disagreement

♥ Courageous acts of change may help break the mutually reinforcing trap