

10 Descriptors of Relational Health

- 1) receptive vs reactive
- 2) resilience vs rigidity
- 3) aware vs unaware
- 4) responsible vs blaming
- 5) differentiated vs enmeshed
- 6) empathetic vs detached
- 7) strong vs fragile
- 8) stable vs unstable
- 9) realistic vs idealistic
- 10) imagination vs stale