Development of Relationship Quotient   (RQ)

Enmeshment ➡	Autonomy ➡	Relationship

Enmeshment

I try to be who I think you want me to be.

Dis-Integrity
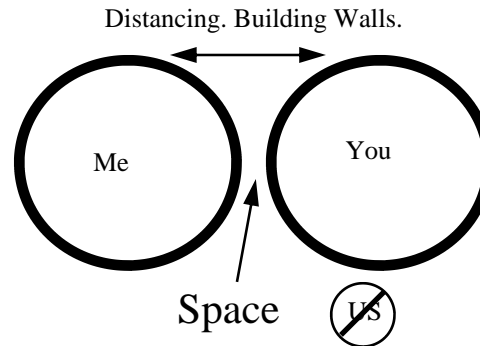
US
Overlapping
Confusion

Me   You
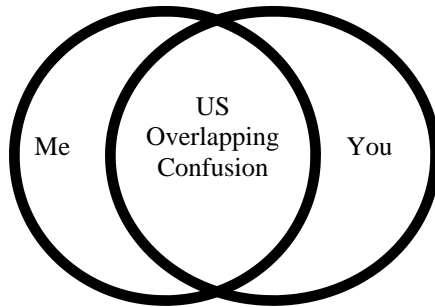
- Master / Slave
- Emotional Symbiosis

- Passive or Active Deception
- Agreements (delusion)

- Arguments
- Competition

- A Truth System
- A Punishment System

**We are ONE, and
I am that ONE.**

Autonomy

I am me.

Integrity

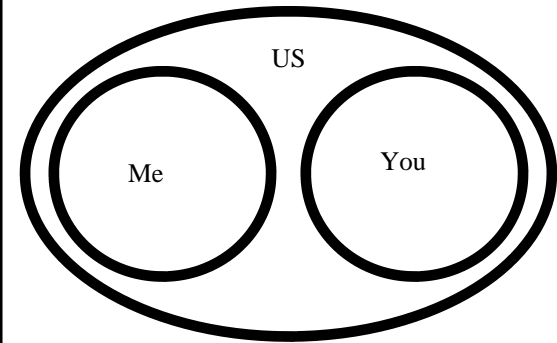Distancing. Building Walls.

Me   You

Space   US

- Clumsy: too much - too little.
- 3 years - 300 miles
- Appears Selfish. Is SELF-ish.
- Learn Boundary Skills and Concepts
- Training Skill: Mirroring (maintaining the Space)

**Each of us is unique,
different.**

Relationship

Each of us is whole.

Diversity

US

Me   You

- Community values support autonomy and connection.
- Training Skill: Validation (supporting your partner's autonomy.)

**We are ONE, and each is
also ONE.**