

4 DEFAULT PATTERNS

*How families relieve discomfort when tensions rise
– automatic, natural, shared across generations*

Take the **Pattern Snapshot Self-Assessment**
to see which pattern you get caught in when
tensions rise in important relationships

TRIANGLES



Focusing on a third person to
relieve tensions between two
people

OVER/UNDER FUNCTIONING



Over-Functioning: Taking
responsibility for someone else

Under-Functioning: Ceding
responsibility for self

CONFLICT



Disagreement coupled with
emotional intensity:
overt or covert

DISTANCE



Intense emotional separateness:
pulling away or forcing together