

**“One’s own part of the relationship pattern is the only part that one has the power to change.”**

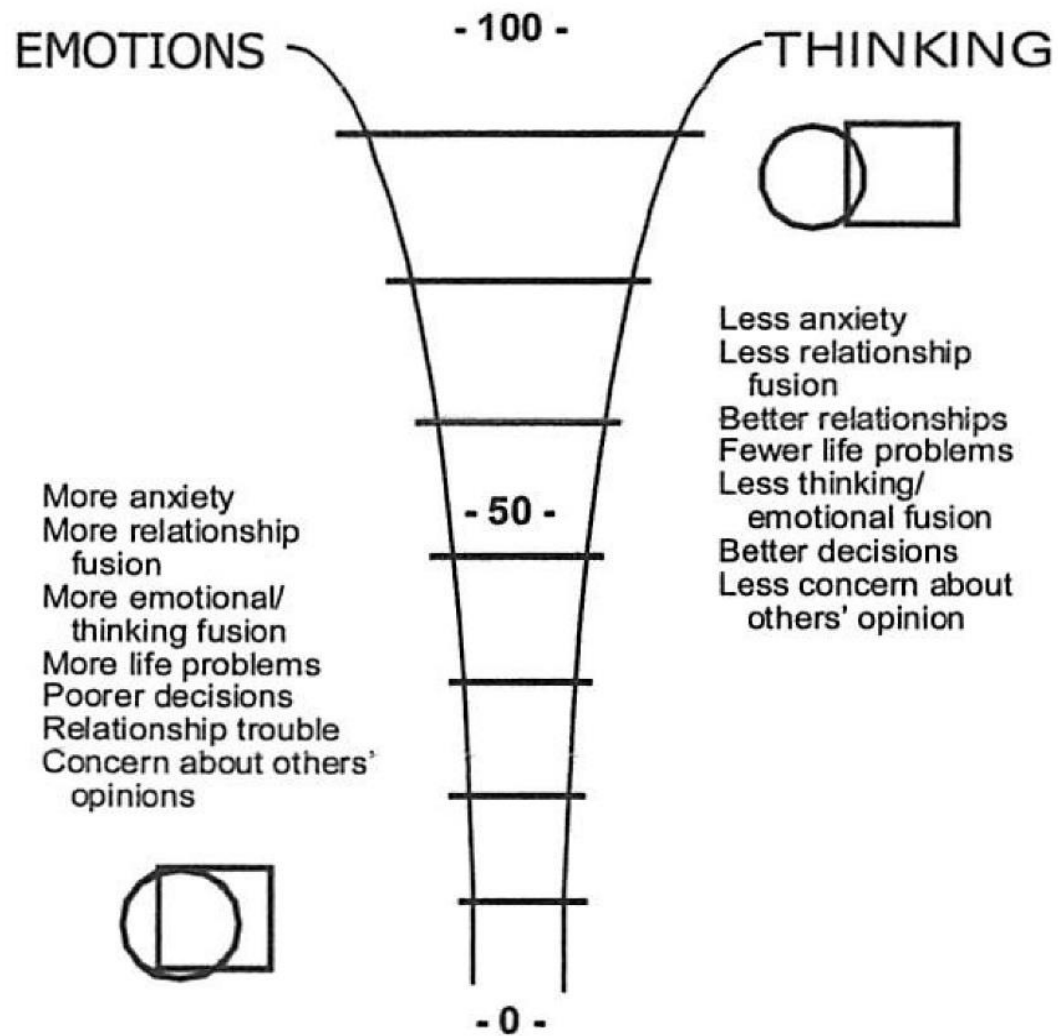


*"I must confess, this is my first encounter with  
identity theft within a marriage."*

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February 2

**Fusion !**

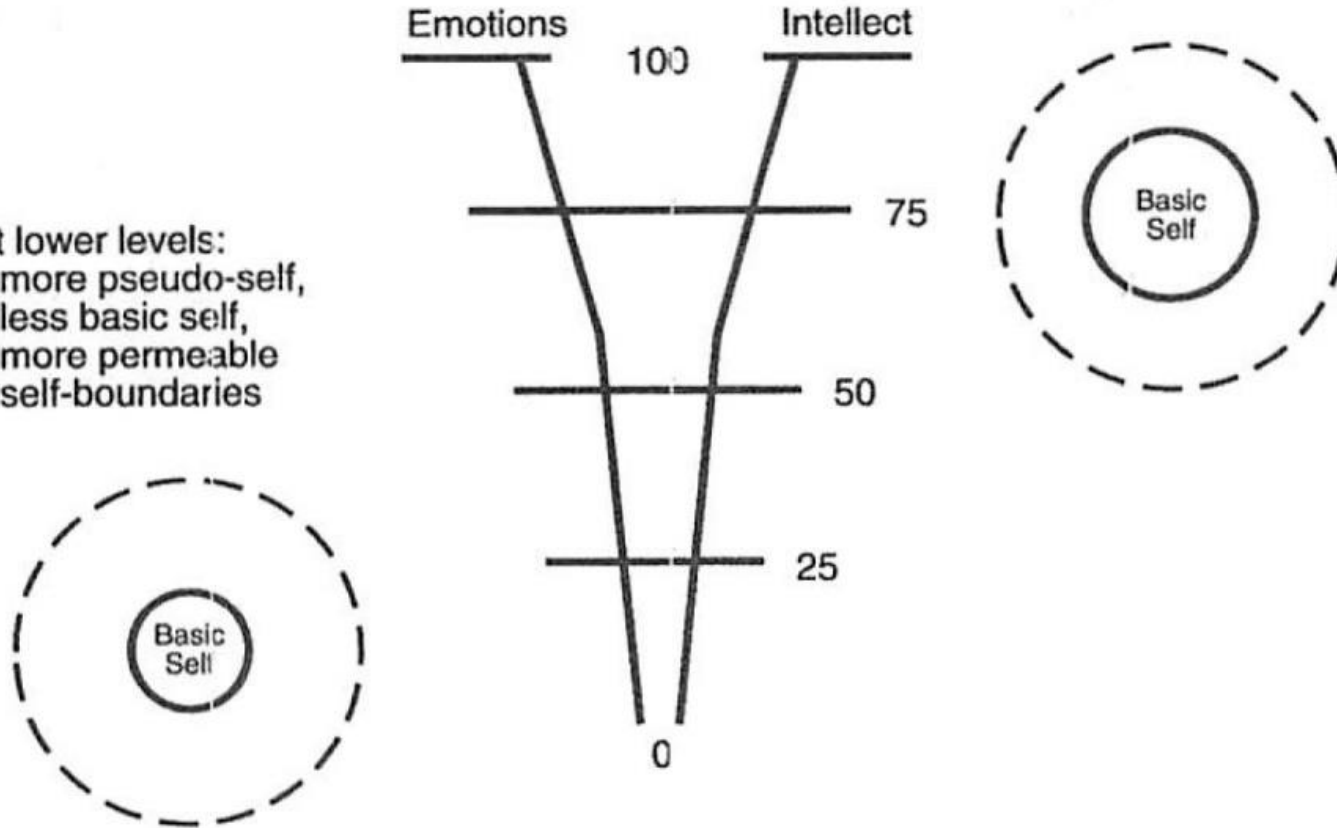


Differentiation of Self Scale

**Individuality / Togetherness Perspective**

At higher levels:  
• more basic self,  
• less pseudo self,  
• less permeable self boundaries

At lower levels:  
• more pseudo-self,  
• less basic self,  
• more permeable self-boundaries



Differentiation of Self Scale  
**Basic Self / Pseudo Self Perspective**

***“One’s own part of the relationship pattern  
is the only part that one has the power to change.”***

*Extraordinary Relationships -p36*

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is the only part that one has the power to change.”*

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**Self-Awareness** makes way for **Self-Regulation**

**Self-Regulation** is the strategy toward **Self Differentiation**

*Naomi Garcia*