

# GETTING TO THE ROOT OF DYSFUNCTIONAL PATTERNS

From pg. 50 of *Four Patterns of Healthy People* by Matt Norman

Dysfunctional Pattern	Description	Relationships/Where?
Triangles	One person rescuing two others from conflict that they can or should resolve themselves, or one person rescuing another from a challenge that they can or should resolve themselves. This can also be considered over-functioning (doing something for someone that they can or should do for themselves)	
Fusion/Enmeshment	High dependence on another for acceptance, approval, and healthy functioning	
Projection	The passing of an emotional problem from one person to another—typically from parent to child—like a heightened need for attention, tendency to blame, feeling responsible for the happiness of others, lack of accountability, and impulsiveness to relieve anxiety	
Tension	Unhealthy tensions typically include: ongoing relationship conflict, dysfunction in one person that drags others down, impairment or neediness of one person, and emotional distance (usually to deal with the tension)	
Perpetuating Low Self-Definition	People associate with others that have a similar level of self-definition (clarity on preferences, values, and opinions); this perpetuates low self-definition people as they pair or hang around with people at a similar level of emotional maturity	
Emotional Cutoff	Reducing or ending emotional (not necessarily physical) contact with the group as a way of dealing with unresolved emotional issues; in some cases this may be the most appropriate response to an unhealthy system	

Schedule a Keynote or Coaching Sessions.

Visit <http://mattnorman.com/contact>.

