

Types of Relational Double-Binds

Level I: *Core Life Values* Double-Bind

CLV vs CLV

High level of relationship distress during conflict

- basic relational childhood injuries;
- basic communication and relational skills;
- no or few deep or lasting relationship injuries triggered;
- ability to repair the relationship in the event of relationship injuries.

◀ **Core Life Values Double-Bind**
(contains level I only)

Level II: *Schemas* Double-Bind

Schemas vs Schemas

Very high level of relationship distress during conflict

- basic relational childhood injuries, some of which are relatively deep;
- relatively significant deficiencies in communication and relational skills;
- occasional deep relational wounds caused during conflict;
- occasional ability to repair the relationship in the event of relationship injuries.

◀ **Schemas Double-Bind**
(contains levels I and II)

Level III: *Transferential* Double-Bind

Transfer vs Counter-Transfer

Alarming level of relationship distress during conflict [often filled with shame]

- deep traumatic childhood history [abuse and/or neglect + shame];
- several significant deficiencies in communication and relational skills often with ensued intense levels of hostility and/or helplessness;
- tendency to cause or reactivate deep relational wounds (childhood or current ones);
- limited ability to repair the relationship in the event of relationship injuries.

◀ **Transferential Double-Bind**
(contains levels I, II and III)