

# Supervision-

## Relations of social control and audit.

Often conflicting relations when the person is vulnerable and is unable to defend themselves.

Friendship: fair when not commenting on partner's weak points

Romance: fair without a critical attitude towards each other

- You often feel frustrated with your partner's statements
- You feel like you never meet your partner's expectations
- You are rarely appreciated
- Your partner is convinced that they are always right
- You feel discomfort but are not able to discuss that with your partner

# Supervision+

## Relations of social control and audit.

Often conflicting relations when the person is vulnerable and is unable to defend themselves.

Friendship: fair when not commenting on partner's weak points

Romance: fair without a critical attitude towards each other

- You are usually interested in what your partner does and says
- You feel your partner is often overreacting
- You feel your partner is slow and passive
- You want to help your partner and teach them something

# Super-ego

## Pleasant at a distance, competitive when closer.

Difficulties in understanding, imbalanced relations that lead to loss of trust.

Friendship: acceptable with efforts to keep mutually-beneficial exchanges.

Romance: acceptable when partners show care for each other.

- Mutual competition
- Frustration and lack of understanding
- Small differences must be resolved with minor compromises
- Lack of support
- Need for rest from each other
- Different interests

- Each partner is often feeling that the other's intention is to upset them

## Semi-duality

Agreement and great interest in each other. Lack of coordination in joint work.

Partners are attracted to one another but are unable to fully support each other. In certain areas both partners are failing.

Friendship: good

Romance: good with patience and ability to compromise

- Inability to stay angry with each other too long
- Rarely tired of each other
- 
- Ability to plan together
- Sudden losses in understanding
- Difficulties when it comes to realization of what's planned

## Request-

You agree and grow close, then disagree and come apart.

You cannot live without each other but are unable to be together.

Friendship: acceptable if not failing each other's trust

Romance: acceptable if not working in isolation

- You feel the urge to protect and patronize partner
- It feels like your partner is trying to re-educate you
- You do not understand what your partner wants
- You partially accomplish the required work
- Over time - more arguments and fights
- Your partner over-dramatizes the situation
- Tiredness and loss of interest in partner over time

## Request+

You agree and grow close, then disagree and come apart.

You cannot live without each other but are unable to be together.

Friendship: acceptable if not failing each other's trust

Romance: acceptable if not working in isolation

- You feel activation when together
- It's difficult to refuse your partner
- You admire your partner
- You feel the urge to help
- You are trying to reach an understanding
- You feel that your interests are not being considered
- You think you have a good understanding of partner's needs
- Your partner is dismissive of your arguments and conclusions
- Over time - more arguments and an urge to distance

## Quasi-identity

Good understanding and similar interests. Differences in opinions

Excitement with the strong sides of each other. Not a very strong relationship.

Friendship: good

Romance: fair with tolerance, optimism and sense of humor

- Common topics
- Plenty of minor arguments
- Often inability to meet each other's expectations
- Partners tend to feel underappreciated over time

## Mirror

Inspiration, common interests, understanding. Differences in thought process and methodology

Sympathy, ability to learn from each other. Lack of warmth in relationship.

Friendship: good

Romance: good with independence and ability to set agreements

- Sympathy and understanding
- Shared interests and inspiration
- Constant interest in each other
- Inability to resolve or remove all differences
- Sense of emptiness and disappointment in relations over time

## Mirage

Support and assistance but lack of understanding and inability to cooperate.

Comfortable relations with lack of emotional contrast and sincerity.

Friendship: good for not serious activities.

Romance: good with mutual attention to each other

- Rare disputes usually end with compromise
- Partners admire but rarely understand each other
- Pleasant company but lack of reliability for serious projects
- Learn to overcome persistent desire to remake partner

## Identity

Easy communication and understanding. Inability to help each other

Partners tend to agree and sympathize with each other. Relations fade without a common goal or interests.

Friendship: good

Romance: recommended only if partners want to devote their lives to a common goal (ex. Pierre and Marie Curie)

- Easily relate and get to know each other
- Sympathy and understanding
- Shared interests and inspiration
- Difficult cooperation, partners tend to take responsibility for the same areas
- Decreasing interest in each other over time

## Extinguishment

Interest in the same things, low mutual understanding.

Hard to maintain stable and organized relations.

Friendship: acceptable with communication in narrow circle of friends.

Romance: acceptable with communication in narrow circle of friends.

- Partner can help critically evaluate something
- Difficult and slow collaboration, requires a strict route
- Frequent arguments about details
- Opposite views on the same subjects

# Duality

## Ideal fit. Mutual benefit and support

Strong sides of one partner are weak sides of the other one and vice versa. Ability to better interact with the outside world as a couple.

Friendship: ideal

Romance: ideal

- Comfort in relations
- Partners are never tired of each other
- Feeling that the partner can offer support when it's needed
- Ability to follow natural desires and develop individuality in relations
- Extrovert can take initiative to develop a more intimate relationship

# Cooperation

## Smooth and calm, business-like relations but pragmatic and competitive.

Cooperation and partnership with possible conflicts of interest.

Friendship: very good for achieving common short-term goals

Romance: very good when one partner is recognized as a leader

- Work well while working on common goal
- Future actions must be performed separately
- Tiredness over time
- Increase of competitive element over time
- Similar views and methods
- Easy to compromise

# Congenerity

## Good for common interests, complicated at closer distance.

Good understanding of each other's motives but different approaches to dealing with problems

Friendship: good when work and cooperation are not expected

Romance: fair with enough autonomy for each other

- Usually similar goals with different details

- Frequent frustration because of lack of assistance from each other
- Possible competition for influence in the same group
- Exhaustion over time

# Conflict

## Most difficult relations.

Partners try to impose their own views on each other and do not accept the value of the other.

Friendship: possible for self-discovery, require psychological distance

Romance: bad

- Exaggeration of slightest flaws in each other
- Frequent arguments and disagreement
- Mutual irritation and misunderstanding
- Sympathy and some admiration at the beginning
- Require a lot of carefulness and tolerance

# Activation

## Mutual assistance, similar interests and goals. Different approaches.

Have understanding and communication but complicated cooperation.

Friendship: good

Romance: good with a requirement for periodical separation

- Easy to start relations
- Good communication
- Rare conflicts
- Mutual mobilization and stimulation
- Not very good communication
- Disputes and mutual frustration over time