

Minimizers

- Implode feelings inward
- Diminish emotion
- Deny dependency (counter-dependent)
- Deny their needs
- Share little of inner world
- Tend to exclude others from their psychic space
- Withhold feelings, thoughts, behaviors
- Rigid self boundaries
- Inner-directed, self-directing, rely on own perceptions
- Focus on self
- Act and think compulsively
- Dominate others
- Passive-aggressive

Maximizers

- Explode feelings outward
- Exaggerate emotion
- Depend on others
- Exaggerate needs
- Compulsively open, subjective
- Overly inclusive of others in psychic space
- Clinging and excessive generosity
- Diffuse self boundaries
- Outer-directed, ask for direction, distrust own perceptions
- Focus on others
- Act impulsively
- Submissive, manipulative, controlling
- Aggressive and passive