

**Self-Differentiation, Emotional Cut-Off, & Fusion**

Adult Formation: In Relationship

St. Michael's Episcopal Church, Barrington, IL

Created by The Rev. Lisa M. Erdeljon

**Journaling and Self Reflection: Characteristics of High & Low Differentiation**

In your family of origin,

1. Who do you think had the highest self-differentiation? Why? What habits or activities did that person do that makes you think this way?

---

---

2. Who do you think had the lowest self-differentiation? Why? What habits or activities did that person do that makes you think this way?

---

---

In your current family,

1. Who do you think had the highest self-differentiation? Why? What habits or activities does that person do that makes you think this way?

---

---

2. Who do you think had the lowest self-differentiation? Why? What habits or activities did that person do that makes you think this way?

---

---

**Journaling and Self Reflection: Triangulation with God**

1. Why did you pick the "thing" that you chose? Do you consider this a bad habit or vice of yours? Or is this something that usually makes you happy?

---

---

---

2. If you asked your spouse, or someone else you are close with, to draw the relationship lines between you, him/her, and your “thing,” do you think the lines would look different? How so and why?

---

---

---

3. Was it hard to create the triangle and add the relationship lines between you, your “thing,” and God? Why or why not?

---

---

---

Part of Self-Differentiation involves knowing our emotions and knowing how we behave to certain situations—particularly are we reacting or responding? Think of several times you faced criticism, stress, or a problem in the past week. Write out what emotion you felt at the time, and indicate if you reacted emotionally or rationally in that situation.

---

---

---

---

---

---

---

---

Fusion and Emotional Cut-Off are the two sides of the same coin—they are both related to low self-differentiation. Would it be possible to experience either of these in a relationship with God? What would it look like to be “fused” with God? What would it look like to be emotionally cut-off from God? How would you offer support, advice, and love to someone who might be either fused with God or cut-off from God?

---

---

---

---

---

---

---

---