Behaviors that Strengthen and Weaken Connection

Strengthens Connection	Weakens Connections
Vulnerability	Defensiveness
Listening	Ignoring
Accepting	Judging
Transparent	Opaque
Empathy	Sympathy
Clean, clear boundaries	Fuzzy or non-existent boundaries
Grounded	Adrift
Responsible	Victim
Accountable	Unreliable
Honesty	Deceit
Conscious	Unconscious
Humble	Arrogant