

Stage of contact/ Therapeutic window	Contact			Treatment		
	Stage 1: Acquaintance	Stage 2: Clique/fit	Stage 3: True contact	Stage 4: Mutual strategy	Stage 5: Active help	Stage 6: Continuation of fitting help
Toxic high	Over-involvement	Over-disclosure	Over-identification	Rigidity	Paternalization	Insistence
Effective intervention	Interest	Closeness	Understanding & Recognition	Solidity	Responsibility	Perseverance
Toxic low	Disinterest	Distance	Trivialization	Weakness	Noncommittal	Negligence