Family Of Origin Enmeshment

Answer the following questions about your relationship within your family of origin (you can repeat the assignment for a friend or another close relationship later if desired). Be as honest and accurate as possible as you reflect upon and answer these questions. Wait until you have completed the assessment to read the Key.

1. T/F We are extremely close?
2. T/F We have been close for a very long time?
3. T/F We know everything about each other?
4. T/F When something happens to one of us we share every detail?
5. T/F When one of us is in a mood, the other will get into the same mood?
6. T/F We tell secrets to each other that have been confided by others?
7. T/F We are a strong family?
8. T/F If one of us struggles, everyone else feels down about it?
9. T/F Most of the time, family matters are very serious?
10. T/F If two of us were talking, any other family members could join in at any time?
11. T/F Keeping secrets is a sign of family weakness?
12. T/F If two family members disagree, it causes the entire family to feel bad?
13. T/F Certain family members must be protected because they are fragile?
14. T/F It is so rude to disagree with parents?
15. T/F Many of our problems never get worked out?
16. T/F Each family member was allowed to have his/her own viewpoint?
17. T/F We never opened each other's mail?
18. T/F Each of us is very emotionally independent of the others?
19. T/F Family disagreements were casual events, not such a big deal?
20. T/F Most family problems eventually worked themselves out?
21. T/F Most family members were physically healthy most of the time?
22. T/F Our individual uniqueness was eagerly welcomed?
23. T/F We had certain issues that simply were not discussed because they were too private?
24. T/F It was/is easy for most children in our family to move out on their own as adults?
25. T/F I don't need my parents' approval before I do something significant?
26. T/F We self-disclose enough but not too much in our family?
27. T/F We know very little about each other's sex lives in our family?
28. T/F It's safe to tell secrets in our family?
29. T/F We can forgive another's mistakes given enough time?
30. T/F Some of us are closer to the entire family than others?

This assessment is biased toward enmeshed families. The Higher your score, the greater the enmeshment in your family of origin. Key:1-15=T and 16-30 are F. Add up your score and place it here____. A score of 30 is extremely enmeshed. A score of 0 is extremely balanced. Enmeshment is defined as an over involvement, over connection, & over identification with family members that results in a lack of individual identification. If this definition does not make sense go to the library or Internet and learn more about it and its consequences. Talk to a close family member or friend about your score and these issues.