

AM I IN AN ENMESHED NARCISSISTIC FAMILY?



A checklist for survivors recognizing family patterns

SECTION 1: SIGNS OF ENMESHMENT

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| Your privacy is labelled "secrecy" or "hiding something" | Family members share your private information without consent |
| "Respect" means compliance, not mutual regard | You're expected to prioritize family image over your well-being |
| Your emotions are policed, dismissed, or punished | "What will people say?" is used to control your choices |
| You're told you're "selfish" for having needs or boundaries | Your achievements are claimed as family success, struggles are yours alone |
| Independence is treated as betrayal or disrespect | You can't say "no" without intense guilt or punishment |
| You feel guilty for making decisions without permission | Family "closeness" feels like surveillance |

SECTION 2: COMMON PHRASES YOU MIGHT HEAR

"After all we've sacrificed for you..."

"You're tearing this family apart"

"That's not how we do things in this family"

"You're being disrespectful"

"Everyone agrees you're wrong"

"Family comes first, always"

SECTION 3: BOUNDARY SCRIPTS YOU CAN USE

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| "I hear you. My decision is still no." | "Please don't share my private information." |
| "I'm not discussing this further." | "I need space to think. I'll reach out when I'm ready." |
| "I love you, and I'm choosing what's best for me." | |

Remember: You can honour your culture and family while still protecting yourself.

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The Queen's Rise Community - Healing together

An SOAQ Resource.

