

AM I IN AN ENMESHED NARCISSISTIC FAMILY?



A checklist for survivors recognizing family patterns

SECTION 1: SIGNS OF ENMESHMENT

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

"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.

follow [@strengthofaqueen2](https://www.instagram.com/strengthofaqueen2)

www.strengthofaqueen.org

The Queen's Rise Community - Healing together

A SOAQ Resource.

