



Intuitive
Pathways
Recovery

Mother Enmeshment

Are you Mother-Enmeshed?

Please circle all the statements that apply to you.

1. Do you often feel preoccupied about your mother's unhappiness in her life?
2. Do you think of your mother as perfect or a martyr?
3. Are you best friends with your mother?
4. Have you been told by your mother, in confidence, that you are her favorite, most talented, or most lovable child?
5. Were you given special attention or privileges by your mother when your other siblings did not?
6. Have you ever felt obligated to fix, take care of, or get involved in your mother's problems?
7. Are you the most important person in your mother's life, or have you been in the past?
8. Do you often escort your mother to social functions, or did you do this in your past?
9. Have you ever felt engulfed, smothered, or intruded on by your mother?
10. Do interactions with your mother often leave you feeling guilty that you are not doing enough for her?
11. Does your mother put down or criticize your girlfriend or wife?
12. Are you distant from your father?
13. Do you often feel scorn or contempt toward your father?
14. Are you more comfortable relating to women than to men?
15. Have you ever felt controlled, smothered, or entrapped in many of your romantic relationships?
16. Do you often put other people's feelings and needs first before your own needs?
17. Do you often feel guilty when pursuing your own wants or needs?
18. Has it happened to you more than once that you walked away from a romantic relationship even though you suspected it could have been good for you?
19. Have you been overly loyal in a bad situation or destructive relationship?

20. Do you often feel anxious when you and your partner are physically separated?
21. Have you felt depressed or helpless in attempting to positively impact your life?
22. Have you struggled to make life decisions that you felt others might make more easily?
23. Have you ever felt like you had failed to live out your heart's true desire?

_____ Total Score of All Circled Items

Adams Ph.D., Kenneth and Alexander P. Morgan. *When He's Married to Mom*. New York: Fireside, 2007.

Adams, Ph.D., Kenneth and Patrick Carnes, Ph.D. *Silently Seduced: When Parents Make Their Children Partners*. Florida: Health Communications, Inc., 2011.