

Strategies for dealing with the ENMESHMENT schema

- 1) Don't be TOO independent. Inter-dependent is the goal. Ask for help.
- 2) Develop intimacy and close connections with others
- 3) Fight the need to tell your parents everything. Develop a healthy boundary
- 4) You do not need to be the opposite of your parents to be independent.
- 5) Express your natural spontaneous self - unique preferences, opinion, decisions, talents and natural inclinations.