

Mother-Son Enmeshment Checklist

Patient's name: Daniel Miller Age: 34 Date: Oct. 2, 2024

Examiner: Dr. Sarah Johnson

Please mark each statement that applies. This checklist can help assess whether enmeshment is present in the mother-son relationship.

Mother's behaviors

<input checked="" type="checkbox"/>	The mother is overly involved in the son's personal life, frequently making decisions for him or offering unsolicited advice.
<input checked="" type="checkbox"/>	The mother uses guilt or emotional manipulation to influence the son's choices or behavior.
<input type="checkbox"/>	The mother shares intimate or personal details with the son that may be inappropriate for their relationship.
<input type="checkbox"/>	The mother expects the son to be available at all times and becomes upset if he is not.
<input checked="" type="checkbox"/>	The mother struggles to allow the son to live independently and frequently inserts herself into his life.
<input checked="" type="checkbox"/>	The mother pushes the son to choose romantic partners or friends that do not threaten her relationship with him.
<input type="checkbox"/>	The mother relies on the son for emotional support, often treating him more like a partner than a child.
<input type="checkbox"/>	The mother is overly involved in the son's career decisions, encouraging him to pursue a path that pleases her rather than his own dreams.
<input type="checkbox"/>	The mother encourages the son to over-involve himself in the family business, leading him to sacrifice his own ambitions.

Son's behaviors

<input checked="" type="checkbox"/>	The son feels responsible for managing his mother's emotional well-being and tries to ensure she is always happy.
<input checked="" type="checkbox"/>	The son relies heavily on his mother for emotional support and assistance in decision-making.
<input checked="" type="checkbox"/>	The son feels guilty when he makes decisions that the mother disapproves of or disagrees with.
<input checked="" type="checkbox"/>	The son has difficulty setting personal boundaries with his mother and often shares more than he is comfortable with.
<input checked="" type="checkbox"/>	The son struggles to separate his identity and life choices from his mother's needs and expectations.

<input checked="" type="checkbox"/>	The son's true self remains hidden, and he adopts a false, people-pleasing identity to gain his mother's approval.
<input type="checkbox"/>	The son feels ambivalent about making commitments, particularly in romantic relationships, often placing his mother's needs above those of a spouse or partner.
<input checked="" type="checkbox"/>	The son chooses romantic partners who do not challenge or threaten the mother-son dynamic.
<input checked="" type="checkbox"/>	The son struggles with feelings of shame or conflict regarding his sexuality, often feeling ambivalence or guilt in intimate relationships.
<input type="checkbox"/>	The son's relationships, especially with romantic partners, are often strained, leaving the partner feeling "second" to his mother.
<input type="checkbox"/>	The son engages in compulsive caretaking behaviors, either in his friendships or romantic relationships, mirroring his relationship with his mother.
<input checked="" type="checkbox"/>	The son avoids pursuing personal dreams or overcompensates through work to cope with feelings of disempowerment from the enmeshed relationship.
<input type="checkbox"/>	The son is overly competitive with male peers but maintains a large number of female friends.
<input type="checkbox"/>	The son struggles to commit to friendships, resulting in lost friendships over time.
<input type="checkbox"/>	The son is over-involved in his own children's lives, potentially repeating patterns of enmeshment from his relationship with his mother.

Additional notes

Daniel's relationship with his mother reflects signs of enmeshment, especially around decision-making and personal boundaries. His romantic relationships are often affected, as his mother's influence limits his ability to form independent connections. Further therapeutic exploration is necessary to help Daniel establish boundaries and reduce guilt-driven behaviors.

Barber, B. K., & Buehler, C. (1996). Family cohesion and enmeshment: Different constructs, different effects. *Journal of Marriage and the Family*, 58(2), 433–441. <https://doi.org/10.2307/353507>

Hann-Morrison, D. (2012). Maternal Enmeshment. *SAGE Open*, 2(4). <https://doi.org/10.1177/2158244012470115>