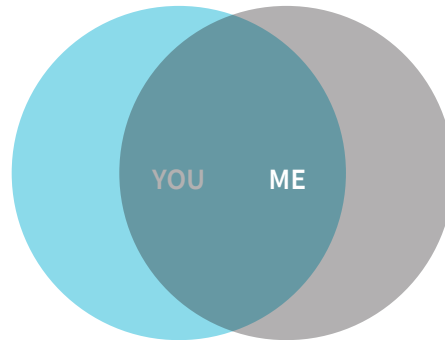




SHOW UP HARD

# ENMESHED



*Enmeshed*

## Reflecting on the Enmeshed framework:

- Is there a certain person or type of person you frequently become enmeshed with?
- A particular topic you overcommit to with ease?
- What is typically going on for you when you choose to become Enmeshed?
- What are the stories you tell yourself when you engage as Enmeshed?
- Where do you feel an Enmeshed interaction in your body?
- In what ways did being Enmeshed serve you?
- In what ways did it serve the other?