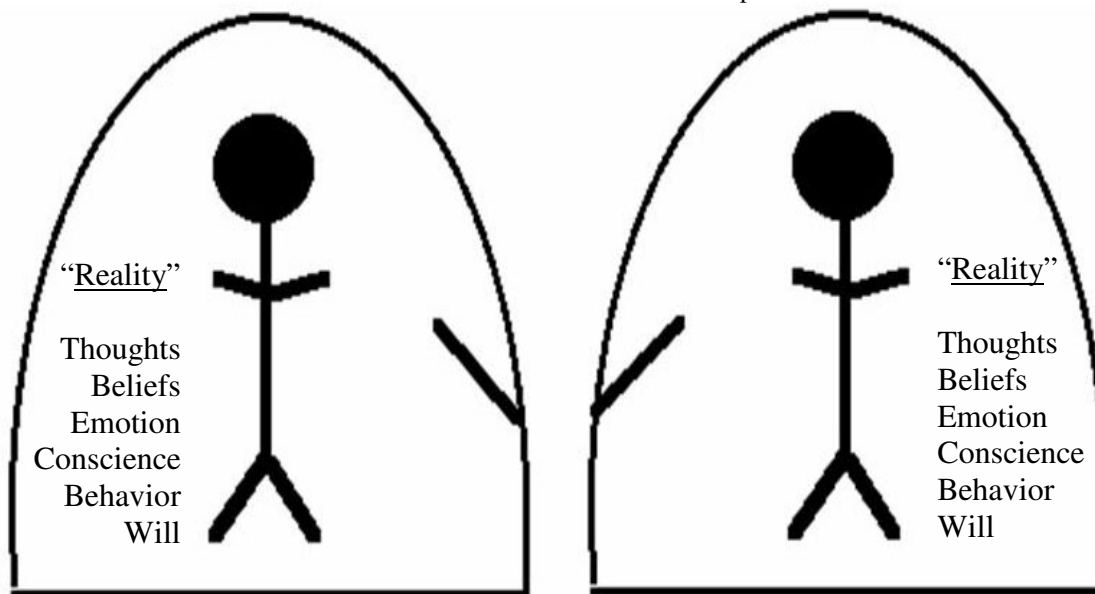


## A Healthy Relationship

where boundaries exist and are respected



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## A Dysfunctional Relationship

with no boundaries and enmeshment

In a healthy relationship each person experience their own thought, beliefs, emotion, conscience, behavior and will. The boundaries are like cell membranes that lets the good things in and keeps unwanted things out. It has the choice to accept or not accept is being transferred. There is a concept that it is another

### An Enmeshed Relationship

Boundaries are not there. People are seen as extensions of each other. "Your feelings are my feelings" and "your thoughts are my thoughts." It is as if they share one nervous system between each other. If I say something that hurts you, it hurts me, because "You" are "me." Controlling, abusive and addictive relationship typically do not have boundaries. The "controller" sees others as a reflection of what they want. So they tell people what to do and manipulate with guilt.

