



1. A system in delusion and denial
2. Idealization of parents — fantasy bond
3. Control madness
4. Intergenerational (will be passed on)
5. Approval must be earned
6. Rigid roles
7. Closed system
8. Rigid family boundary
9. Secrets — no talk rule
10. Compulsive/addictive
11. Perfectionistic
12. Frozen feelings
13. Shaming/blaming
14. Punishing/permissive
15. Unhealthy competition
16. Roles assigned by system (each individual exists for family needs — no choice)
17. Rigid or enmeshed ego boundaries, cultural/boundaries, intra-family boundaries
18. Disabled will-loss of freedom

All Members of the Family are Co-dependent