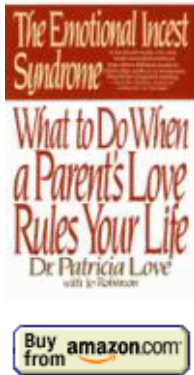


The Emotional Incest Syndrome

What to Do When a Parent's Love Rules Your Life

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15 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**Buy from amazon.com**” link to obtain text.
3. **Read** text and answer exam questions on this sheet.
4. **Click** the “**Answer Sheet**” button on navigation bar to take test.
5. **Transfer** answers from this study guide to **Answer Sheet**.
6. **Click** on “**Submit Now**” button after completing **Answer Sheet**.
7. **Enter** credit card information on **Payment Form** that follows.
8. **Certificate of Completion** will be e-mailed after test is scored.

Examination Questions

Chapter 1: Growing Up with an Invasive Parent

1. Emotional incest describes a parent-child relationship:
 - a. where there is a high degree of enmeshment
 - b. where the parent is using the child to satisfy needs that should be satisfied by other adults
 - c. where the parent is ignoring many of the child’s needs
 - d. all of the above

Chapter 2: Parents Who Send Mixed Messages: Love, Neglect, and Abuse

2. The child who takes on many of the responsibilities of an adult is known as the:
 - a. responsible child
 - b. parentified child
 - c. mature child
 - d. none of the above
3. According to the author, children who are both surrogate spouses and scapegoats often have an easier time in life than children who were only surrogate spouses.
 - a. True
 - b. False

Chapter 3: The Adult Cost of Being a Chosen Child

4. According to the author, the negative consequences of growing up with an Invasive Parent is:
 - a. guilt
 - b. anxiety
 - c. indifference
 - d. none of the above
5. According to the author, the negative consequences of growing up in the role of the surrogate spouse is:
 - a. guilt
 - b. anxiety
 - c. indifference
 - d. none of the above

6. According to the author, Chosen Children experience:
- a. self-image problems
 - b. fear of rejection
 - c. social isolation
 - d. all of the above
7. According to the author, people who grow up in enmeshed families are likely to have boundary problems later in life.
- a. True
 - b. False

Chapter 4: The Family Role Call: How Emotional Incest Affects Other Family Members

8. Salvador Minuchin found in his experiment with the Collins family that ____ anxiety levels rose significantly higher than ____ when they were all brought back into the room.
- a. Mrs. Collins', Dede's
 - b. Mr. Collins', Violet's
 - c. Dede's, Violet's
 - d. Mrs. Collins', Dede's
9. The example of Theodore and his daughter Robin describes:
- a. a Left-Out Spouse
 - b. an Invasive Parent
 - c. a Shadow Parent
 - d. none of the above
10. Molly is an example of:
- a. an Invasive Parent
 - b. a Shadow Parent
 - c. a Left-Out Child
 - d. none of the above
11. Fran is an example of:
- a. a Shadow Parent
 - b. a Left-Out Child
 - c. a Left-Out Spouse
 - d. none of the above

Chapter 5: Why Do Parents Become Overinvolved with Their Children?

12. A factor that can transform a parent's natural love for a child into emotional incest is:
- a. a lack of a strong marriage relationship
 - b. a lack of good information about healthy family life
 - c. a lack of self-awareness
 - d. all of the above

Chapter 6: Identifying Families at Risk

13. A family at risk for emotional incest is the:
- a. single-parent family
 - b. step-family
 - c. only child family
 - d. all of the above

14. A family that is at risk for emotional incest has a parent that is:
- a. mentally ill
 - b. a workaholic
 - c. an alcoholic
 - d. all of the above

Chapter 7: Key Differences Between Enmeshed and Healthy Families

15. In healthy families, there is a clear separation between adults and children.
- a. True
 - b. False
16. Salvador Minuchin, in an effort to better understand family dynamics, divided the family into ____ subgroups.
- a. 2
 - b. 3
 - c. 4
 - d. 5

Chapter 8: Blazing a Path to Recovery: Follow the Yellow Brick Road

17. According to the author, there are ____ separate stages to the recovery process outlined in the text.
- a. 2
 - b. 3
 - c. 4
 - d. 5
18. According to the author, second order change is defined as a change that alleviates symptoms only.
- a. True
 - b. False

Chapter 9: Making Your Personal History, History

19. According to the author, the guilt felt by the chosen child is best alleviated by changing a faulty belief system
- a. True
 - b. False

Chapter 10: Making Peace with Your Parents

20. According to the author, attaining a balanced view of your caretakers means:
- a. you can interact with them without being unduly upset or disappointed
 - b. you see both positive and negative traits
 - c. you no longer blame them for all of your difficulties
 - d. all of the above
21. A simple technique the author teaches clients to help reinforce their boundaries, is called the:
- a. "Direct Confrontation"
 - b. "On-The-Spot Confrontation"
 - c. "Ten-Second Confrontation"
 - d. "No-Nonsense Confrontation"

Chapter 11: Making Peace with Your Siblings

22. According to the author, sibling relationships keep as much importance in the counseling session, if not more, than parent-child relationships.
- a. True
 - b. False

Chapter 12: Strengthening Your Marriage Relationship

23. The example the author gave of a stepfamily discussing Daniel's tuition for his college education described:
- a. polarization
 - b. resistance
 - c. compromise
 - d. projection

Chapter 13: Shoring Up Your Support Network

24. Maintaining friendships is never a problem for people who grew up in enmeshed families.
- a. True
 - b. False
25. According to the author, assuring your child of your well being is one of the:
- a. Five Rules for Healthy Parenting
 - b. Seven Rules for Healthy Parenting
 - c. Ten Rules for Healthy Parenting
 - d. none of the above

Chapter 14: Parenting: How to End the Cycle of Enmeshment

26. The author suggests that the freeing of a child 12 or older from enmeshment can be done with a(n):
- a. Evaluation Session
 - b. Boundary-Setting Session
 - c. Realignment Session
 - d. none of the above

Chapter 15: Victory Laps

27. In the example Evan, the 40-year-old postal worker, had to learn to deal with his:
- a. depression
 - b. anger
 - c. anxiety
 - d. none of the above