

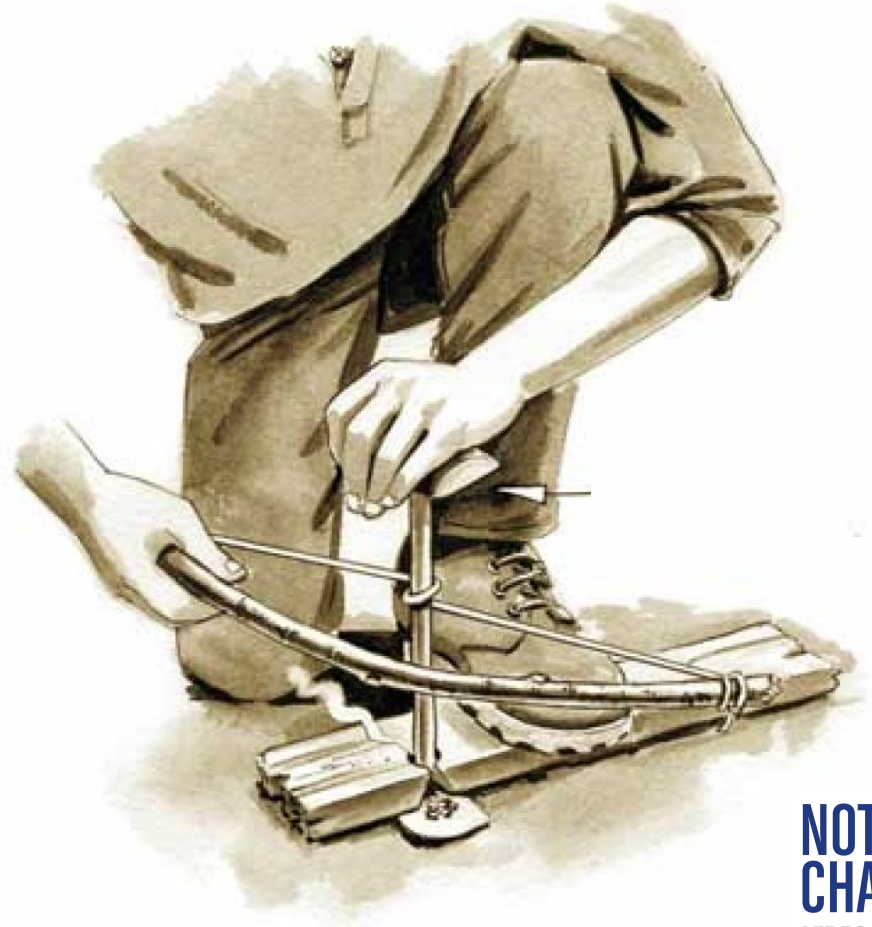
Letting Go of the Outcome

Examples of Enmeshment

- Threatens increasing consequences
- Fills out teen's college applications
- Won't give teen a consequence
- Hires an attorney to get teen out of speeding ticket

Tools You Need

- Top Rock
- Spindle
- Fire Board
- Bow
- Punk



☐ The Nest



Well-prepared Nest



Tend the Flame