

Dr. Glover's Fusion Quiz

Where did you get the most “shoulds” in your life growing up? Where do you get them today? Do you notice you “shoulding” yourself?

Growing up, where did you perceive that you needed to hide or sacrifice your needs or that other people's needs were more important than yours?

Who was the most anxious person in your family growing up? What roles did family members play to manage their own anxiety by managing the anxiety of this person?

How were you influenced by cultural or religious fusion growing up?

As a child, did you deal with fusion by “hiding / pleasing,” “pushing back, or a hybrid of the two?” Did this change at any point?

How and where do you see hiding/pleasing or pushing back showing up in your life today?

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How have you created or given in to fusion in your adult relationships ("You belong to me, therefore, you should.....")?

How have you given up your freedoms in your adult relationships?

When you try to differentiate what kinds of change back messages do you received from fused systems in your life?

When you try to differentiate, how does your own neurotic guilt / anxiety get in your way?

What is one area of your life today where you are still losing yourself in a fused relationship? Do you hide/please or push back (even subtly)?

What is one area of your life today where you could assert yourself more and differentiate?