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The Complexity of Cutoff



This presentation will discuss Bowen's concept of cutoff, which addresses the unresolved emotional attachment that resides in an individual when separating from his/her family of origin.

Cutoff addresses the emotional dependency on the previous generation in individuals as they move toward adulthood. The dependency can result in never leaving home, rebelling, or maintaining a superficial distance from family, resulting in isolation and symptoms. However, cutoff can also play a preservative role in managing anxiety for an individual and can appear in a process of defining self.