
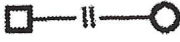





Emotionally Healthy Relationships: Session 3—Genogram Your Family

1. Using the symbols in the chart, return to your genogram and describe possible relational dynamics between family members. *
2. On the bottom of your genogram (under “Themes”), note any generational themes that you notice (e.g., addictions, affairs, losses, abuse, divorce, depression, mental illness, abortions, children born out of wedlock, unemployment, physical health issues, family secrets, moving from one place to another, etc.).
3. Below the “Themes” section, also note the “Earthquake Events” in your family history. These significant events that send “shock waves” through your family (e.g. premature death, abuse, suicide, war, cancer, business collapse, infidelity, or immigration from another country).
4. What are one or two insights you learned regarding how your family has impacted who you are today?

*

RELATIONSHIP	RELATIONAL DYNAMICS	SYMBOL
Conflicted	A consistent pattern where issues do not get resolved between people.	
Cut Offs	People in the family stop talking to one another or avoid contact.	
Distant/Poor	Low or minimal emotional connection between family members.	
Enmeshment	Pressure is created for family members to think, feel and act alike. There is low tolerance for people to be separate, to disagree, or be different.	
Abuse	A severe crossing of personal boundaries - whether it be sexual, emotional, or physical, severely injuring the dignity and humanity of another.	

Weekly Questions to Consider

Day 1

How might God be transforming you through the pain and losses of your past?

Day 2

How might a present limit or past failure be God's gift of love for you, and a gift you can give to the world?

Day 3

How might God be doing an important but unseen work in, through, and in spite of any hiddenness you are experiencing right now?

Day 4

What hopes and dreams come to mind when you consider that God wastes nothing?

Day 5

How is God inviting you to trust Him today?

EXAMPLES OF UNBIBLICAL FAMILY COMMANDMENTS

1. MONEY

- MONEY IS THE BEST SOURCE OF SECURITY.
- THE MORE MONEY YOU HAVE, THE MORE IMPORTANT YOU ARE.
- MAKE LOTS OF MONEY TO PROVE YOU "MADE" IT.

2. CONFLICT

- AVOID CONFLICT AT ALL COSTS.
- DON'T GET PEOPLE MAD AT YOU.
- LOUD, ANGRY, CONSTANT FIGHTING IS NORMAL.

3. SEX

- SEX IS NOT TO BE SPOKEN ABOUT OPENLY.
- MEN CAN BE PROMISCUOUS; WOMEN MUST BE CHASTE.

4. GRIEF AND LOSS

- SADNESS IS A SIGN OF WEAKNESS.
- YOU ARE NOT ALLOWED TO BE DEPRESSED.
- GET OVER LOSSES QUICKLY AND MOVE ON.

5. EXPRESSING ANGER

- ANGER IS DANGEROUS AND BAD.
- EXPLODE IN ANGER TO MAKE A POINT.
- SARCASM IS AN ACCEPTABLE WAY TO RELEASE ANGER.

6. FAMILY

- YOU OWE YOUR PARENTS FOR ALL THEY'VE DONE FOR YOU.
- DON'T SPEAK OF YOUR FAMILY'S "DIRTY LAUNDRY" IN PUBLIC.
- DUTY TO FAMILY AND CULTURE COMES BEFORE EVERYTHING.

7. RELATIONSHIPS

- DON'T TRUST PEOPLE. THEY WILL LET YOU DOWN.
- DON'T EVER LET ANYONE HURT YOU.
- DON'T SHOW VULNERABILITY.

8. ATTITUDES TOWARD OTHER CULTURES

- ONLY BE CLOSE FRIENDS WITH PEOPLE WHO ARE LIKE YOU.
- DO NOT MARRY A PERSON OF ANOTHER RACE OR CULTURE.
- CERTAIN CULTURES/RACES ARE NOT AS GOOD AS OURS.

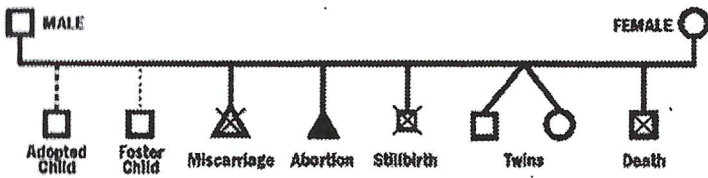
9. SUCCESS

- IS GETTING INTO THE "BEST SCHOOLS."
- IS MAKING LOTS OF MONEY.
- IS GETTING MARRIED AND HAVING CHILDREN.

10. FEELINGS AND EMOTIONS

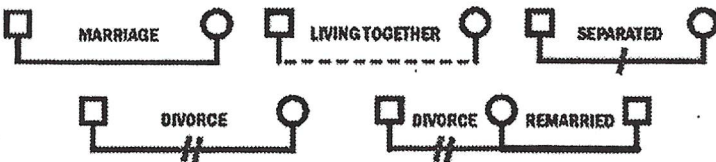
- YOU ARE NOT ALLOWED TO HAVE CERTAIN FEELINGS.
- YOUR FEELINGS ARE NOT IMPORTANT.
- REACTING WITH YOUR FEELINGS WITHOUT THINKING IS OKAY.

GENOGRAM SYMBOLS



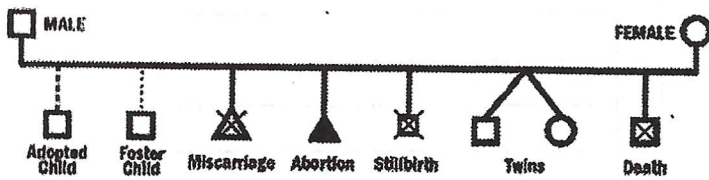
THEMES

RELATIONSHIP STATUS SYMBOLS



EARTHQUAKE EVENTS

GENOGRAM SYMBOLS



THEMES
