



CHARACTERISTICS OF FAMILIES

DYSFUNCTIONAL

1. Rigid, Black and white
2. Low self worth/ shame
3. Compulsive behavior covers pain
4. Rules are arbitrary, rigid or non-existent; chaos
5. Feelings are avoided & repressed--no risks taken no safety
6. Denial of stress, issues and problems. Stress is a welcomed distraction from emotional pain
7. .Disturbed hierarchy, one person or no one in charge, hidden coalitions provide safety , may be upside down family or chaos.
8. Terminal seriousness - anger- depression, hostility or phony happiness

HEALTHY

- Open to change and new ideas
- High self worth
- People choose their behavior
- Rules are designed to guide and protect are age appropriate and consistent
- Feelings are expressed openly and validated touch is appropriate and nurturing.
- Expect stress, pull together for mutual support
- Parents are in charge--strong coalition; they protect and assume responsibility for children
- Fun, humor, joy and laughter exist in adults and children..