

Emotionally Healthy Relationships

Genogram the Family part 1 Family Messages

Discipleship that changes your relationships with others

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By the end of this course, we hope you can:

1. Develop awareness of God's depth of love for you and increase ways to share that love with others
2. Assess and grow your own emotional maturity
3. Apply the skills you have learned to facilitate emotionally mature relationships

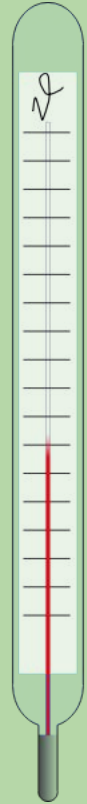


Homework Review :

Community Temperature Reading

The Goal is to bring the “temperature down” in the relationship.

1. Show an appreciation
2. Puzzles - “I’m puzzled...”
3. Complaints with possible solutions - “I noticed...I’d prefer”
4. Sharing new information- “I’m working on...”
5. Sharing hopes and wishes - “It is my hope...”



STOP MIND READING

- 1 PICK a specific relationship area of your life where you might be "mind reading" or making an assumption**

(e.g. work, church, family, marriage, parents, friendships).

- 2 ASK PERMISSION**

"May I have permission to read your mind?"

OR

"Can I check out an assumption I have?"

- 3 ASK**

"I think that you think.... Is that correct?"

OR

"I am wondering.....is that correct?"

Dangers of Mind Reading

- Telling ourselves stories about others that aren't true
- Making assumptions without checking them out damages relationships

Homework Review:

Key Principle: Never assume you know what a person is thinking or feeling.

1. Pick a relationship or situation
2. Write down name and assumption
3. Pick a time this week to clarify

Who has practiced this and how has it gone?

CLARIFY EXPECTATIONS

PRINCIPLE:

Expectations are only valid when they have been mutually agreed upon.

4 CRITERIA FOR VALID EXPECTATIONS

1 CONSCIOUS:

Were you aware you had this expectation?

2 REALISTIC:

What is the specific evidence this person(s) can, or will, do this?

3 SPOKEN:

Have you clearly spoken the expectation or do you just think “they should know”?

4 AGREED UPON:

Has the other person agreed to the expectation?

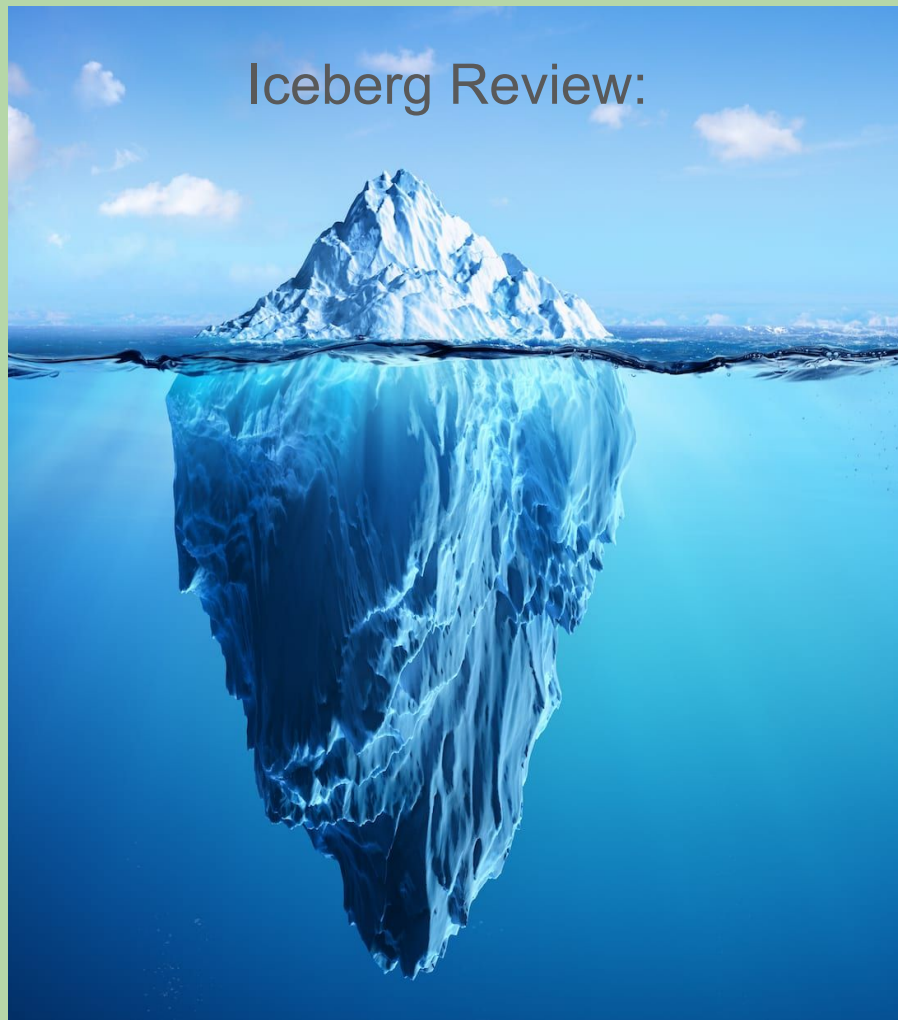
Million-Dollar Question: What expectations do we have a right to have and what expectations do we not have a right to? In other words what are **valid expectations**?

Has anyone practiced clarifying?
Would you like to share what happened? How did it go?

10% seen

90% not seen

Note: anger is a surface emotion; underneath we should ask.....
What am I afraid of?
What am I hurt or saddened by?



Iceberg Review:

Essential Questions:

What are you angry about?

What are you sad about?

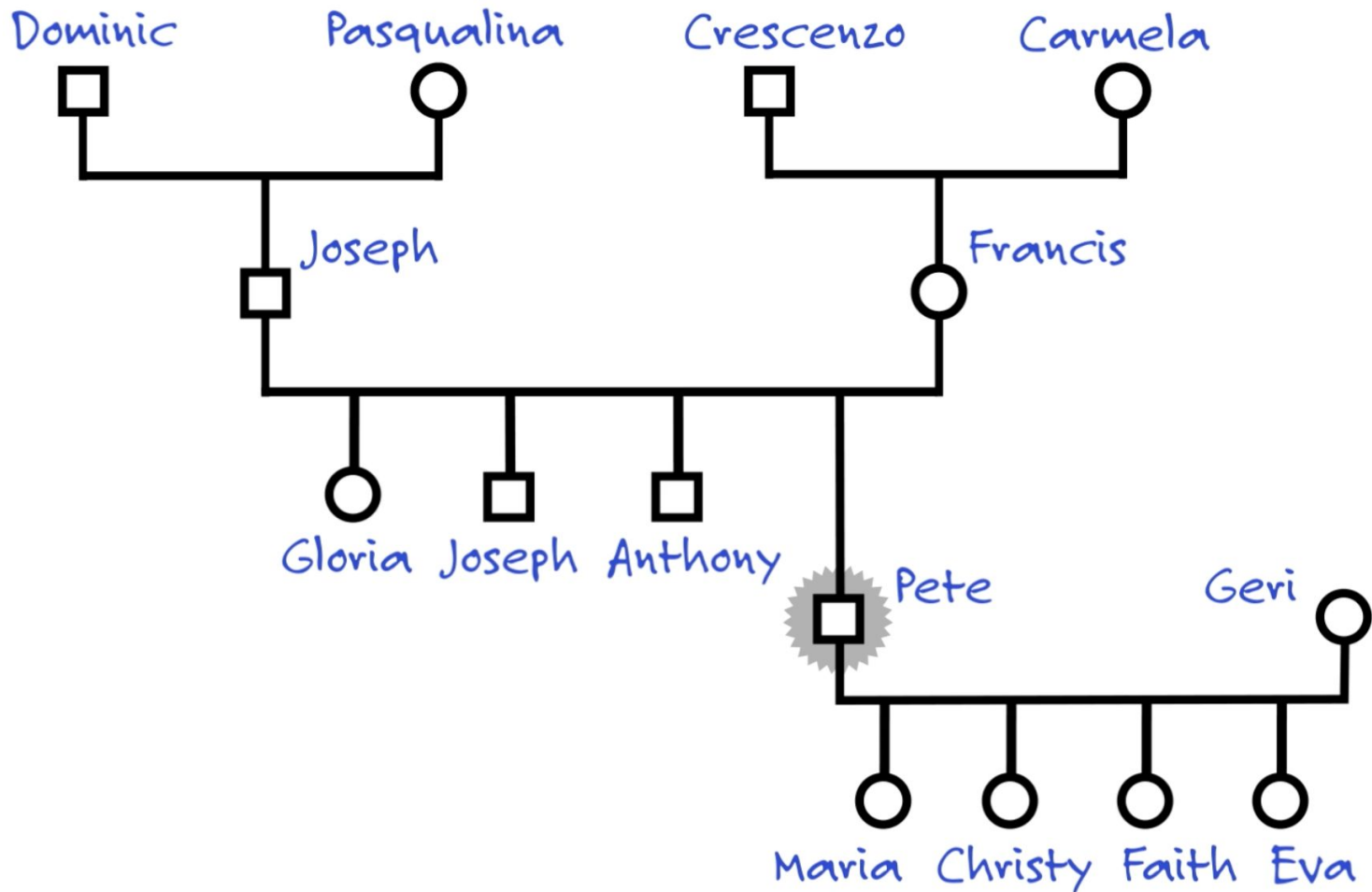
What are you anxious about?

What are you glad about?



Family Genogram:

“a visual representation of a families structure and relationships”



“ Why is analyzing the family origin important?

“the extent at which we recognize a destructive behavior or pattern is the point at which we can change it”

“The way our families ‘do life’ follows us even if we’re determined to break from family history just in our expectations, outlook and history of childhood”

It's NOT emotionally healthy to need:

- validation of our self - worth
- people to constantly reassure us
- people to hold us accountable for “milk” disciplines
 - validation for doing the ‘right thing’
 - praise for character traits: being faithful, loyal, kind, slow to anger, a good person

Picture Yourself in this story:

1. What character are you?
How are you feeling?

2. Describe the qualities of
those circled around Jesus.

3. Jesus says loyalty to Him is
greater than biological
families. What might this look
like in everyday life?

Mark 3:31-35 ▾ King James Version ▾

31 There came then his brethren and his mother, and, standing without, sent unto him, calling him.

32 And the multitude sat about him, and they said unto him, Behold, thy mother and thy brethren without seek for thee.

33 And he answered them, saying, Who is my mother, or my brethren?

34 And he looked round about on them which sat about him, and said, Behold my mother and my brethren!

35 For whosoever shall do the will of God, the same is my brother, and my sister, and mother.



Question:

What concerns or fears might you have in looking back at your family of origin to discern unhealthy patterns or themes? Explain.



Question:

How did the family you grow up in handle conflict and how did that impact you? ex: blaming, yelling, appeasing, criticizing, silent treatment

Video: Family Messages - 3:20

Money: best source of security; more you have the more important you are; make lots to prove you've 'made it'

Conflict: Avoid at all costs; don't get people mad at you; loud fighting is normal.

Grief and Loss: Sadness is a sign of weakness; you are not allowed to be depressed; get over it quickly and move on

Success: getting a good education; making lots of money; is getting married and having children

Negative Family Messages

Family: you owe parents; don't speak the family secrets; family always comes first

Relationships: don't trust people; don't let anyone hurt you; don't be vulnerable

Feelings: you're not allowed to have certain ones; yours are unimportant; reacting with feelings without thinking is ok

Anger: it is dangerous and bad; explode in anger to make a point; sarcasm is an acceptable way to release anger

Analyzing Family Messaging:

1. Think about the messages you received from family from ages 10 - 18 years old
2. Make a list of 5 columns on a sheet of paper: father, mother, self, earthquake moments; cumulative messages
3. List the life messages you received in each category whether directly or indirectly
4. Review the columns and summarize the messages about life/yourself/others you've internalized in the cumulative column

ACTIVITY



Questions:

- What have you internalized about yourself from a young age?
- What have you internalized about life or others?
- What might be one specific message God has revealed that you want to change through spiritual discipline?

Jesus' Family Message



How do your family messages compare to Jesus' family message?

Which message speaks to you the most and why?

It is good you exist
God called you from your mother's womb and He has a specific plan for your life. You are valuable to Him.

You are enough
You are loveable, a joy and a delight; you are the apple of His eye and He loved you so much He died for you

You have nothing to prove
You are worthy of His love just as you are; You don't have to be perfect; You don't have to have all the answers

You are allowed mistakes
He loves us regardless; He forgives 70 X 70; He forgets our mistakes when we repent; He offers unending mercy/grace, He will always allow us to try again

You are not too much for Him
Your needs are a delight to Him, our emotions are not too strong for Him, our doubts and questions do not threaten Him, He will allow us to take all the time we need to heal, process, learn, grow, He will never leave us or give up on us



What we did

- Reviewed previous lessons
- Looked at how Jesus views family in Mark 3
- Considered how family messages continue to impact

Homework

- Review your family messages
- Prayerfully ask God for an additional insights or false messages you may have received

Next week: Sis Amy

Mapping the Family
Genogram and how to
adjust family messaging