

Family System Assessments

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There are Reasons for Every Behavior

- 1. Alternative Communications
- 2. Actions Speak Louder
- 3. The before and after events of current communication have bearing on future Communication
- 4. Families develop unique communication styles that fit their temperaments

There are Reasons for Every Behavior

- 5. Barriers go up during misunderstandings
- 6. Family Genograms affect Communication
- 7. Outside-the-family rules affect Communications too

Why Lies Beneath Communication or Even Conflict

- What you really think, feel and believe are hidden in your actions.
- A Teen Pregnancy For Instance

Every Family Member Has a Different Understanding of the Family

- Each personality has different understanding of communication, both verbal and non-verbal
- Tailor make your communication style to who you are connecting to...

Life Experience

- Good and Bad Experiences of the past influences how we view people and communicate with them.

Self-Awareness Promotes Understanding Others

- Knowing yourself allows you to more effectively communicate
- Untruthful self hurts your communication

Emotions are Good

- 1. God made them
- 2. Emotions need to be in balance
- 3. Each person must learn to understand basic emotional language

Functions of Emotions

Understanding the underlying message

1. Anger

Positives: Standing up for righteous Cause, Boundary Alert System, Hormonal alert system

Negatives: Hurt Externalized, Past hurts, Beginning of bitter root, Boundary Broken, Abuse

Functions of Emotions

Understanding the underlying message

2. Jealously

Positives:

Need for Affirmation

Negatives:

Can promote hostility and
obsession

Functions of Emotions

Understanding the underlying message

3. Guilt

Positives:

 Needed Remorse, and
forgiveness

Negatives:

 Too hard on self, bringing
depression and hopelessness

Functions of Emotions

Understanding the underlying message

4. Pride

Positives:

Personal Accomplishment, Desire
to Excel

Negatives:

Selfish, Too High Ego, Diminished
importance of others

Functions of Emotions

Understanding the underlying message

5. Worry

Positives:

Genuine Concern, Protectiveness

Negatives:

Irrational fears and paranoia and the people we worry about may feel smothered. Causes health issues

Functions of Emotions

Instead of a usual response of, “Just don’t feel that way!” Encourage the individual more along the lines of, “Bring these emotions into balance.”

Connection Walk with God

Case Study

New Marriage:

Man- Stuffing Emotions

Woman- Transparent Emotions

Understand the Blue and Pink Divide