

Family Systems

Family systems can have a lasting impact on our lives. Understanding the roles we played within our families and the expectations placed upon us can provide valuable insights into our present selves and relationships.

Section 1: Family Roles and Expectations

1.1 Reflect on the role you played within your family system and how it has influenced you.

1.2 Consider the expectations that were placed on you within your family.

1.3 How have these roles and expectations affected your behaviour, both positively and negatively?

Section 2: Behaviours and Attention in the Family System

2.1 Reflect on the behaviours you exhibited in moments of family crisis or achievement. 2.2 Consider how you sought attention within your family. 2.3 Reflect on behaviours that were normalised in your family but are now questioned.

Section 3: Positive and Negative Aspects to Continue or Change

3.1 Identify positive aspects from your family system that you wish to continue in your life.

3.2 Reflect on aspects that you believe need to change in your family system's narrative. 3.3 How has your upbringing influenced your desire to have or not have children of your own?

Section 4: Rewriting Your Story and Self-Soothing

4.1 Consider whether any parts of your family story need to be rewritten in your mind to promote healing and growth. 4.2 How can you find empowerment and positivity in the challenges you've overcome and the lessons you've learned? 4.3 Reflect on your ability to self-soothe when faced with adversity.

Exercise: Using your lenses, explore any stories from your past that require healing and create a healing narrative for these difficult times. Consider how you can soothe yourself in moments of pain and discomfort.

deep introspection into your family system, the roles you played, and how these dynamics have shaped you. By gaining insights into these aspects, you can better understand yourself and your relationships, ultimately fostering personal growth and self-awareness.