FAMILIES

2 Essential Functions:

1. Support Network- to meet the needs of the family members.
2. Develop children’s potential - ability to survive and function independently as healthy and productive adults.

Skills for Building a Health Relationship:

Takes work to maintain healthy relationship, everyone involved needs to make an effort to understand each other. These 3 skills help:

**Communication:** have to be able to express thoughts and feelings; it’s more than just talking. It is getting your message across and hearing others.

**Cooperation:** working together for the good of all

**Compromise:** problem solving methods where each participant gives up something to reach a solution

4 Keys to Making a Family Work:

1. Structure:

a. Rules b. Jobs

c. Routines d. Traditions

1. Flexibility
2. Open/Honest/Loving communication
3. Recognition and development of each member’s self-worth
   1. Your family can help meet your needs to feel valued and recognized by providing affirmation. Affirmation is positive feedback that helps others feel appreciated and supported.

In an **Ideal Family**, Parents Teach their Children

1. Self - respecting behavior
2. Healthful attitudes about sexuality
3. Effective communication
4. A clear sense of values
5. Responsible decision - making
6. Ways to resolve conflict
7. Effective coping skills.
8. Ways to delay gratification
9. Ways to express affection and integrate love and sexuality
10. How to give and receive acts of kindness
11. A work ethic.
12. Respect for authority

Causes of Dysfunctional Families

* Chemical dependency
* Other addictions
* Perfectionism
* violence
* Physical abuse
* Emotional abuse.
* Neglect
* Sexual abuse
* Abandonment
* Mental disorders

Codependence may lead people to an avoidance of intimacy, and to choosing one of the following extremes:

1. Focus on pleasing others and denying their own needs.
2. Avoid getting close to others to avoid being hurt.