2 Essential Functions:

1. \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ - to meet the needs of the family members.
2. Develop children’s potential - ability to survive and function \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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:

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: working together for the good of all

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: problem solving methods where each participant gives up something to reach a solution

4 Keys to Making a Family Work:

1. Structure:

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ d. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Flexibility
2. Open/Honest/Loving \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Recognition and development of each member’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. Your family can help meet your needs to feel valued and recognized by providing 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Effective communication
4. A clear sense of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Responsible \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Ways to resolve \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Effective \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ skills.
8. Ways to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_gratification
9. Ways to express affection and integrate love and sexuality
10. How to give and receive acts of kindness
11. A work \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. Respect for authority

Causes of Dysfunctional Families

* Chemical dependency
* Other addictions
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* violence
* Physical abuse
* Emotional abuse
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Sexual abuse
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Mental disorders

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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.