

Caring for Yourself and Your Family

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Families are a
collection of affiliated
mammals with a political
/ emotional agenda.





Families are systematic. All moves affect
the whole system



All members are mutually involved in the pursuit of power and resources.

stress

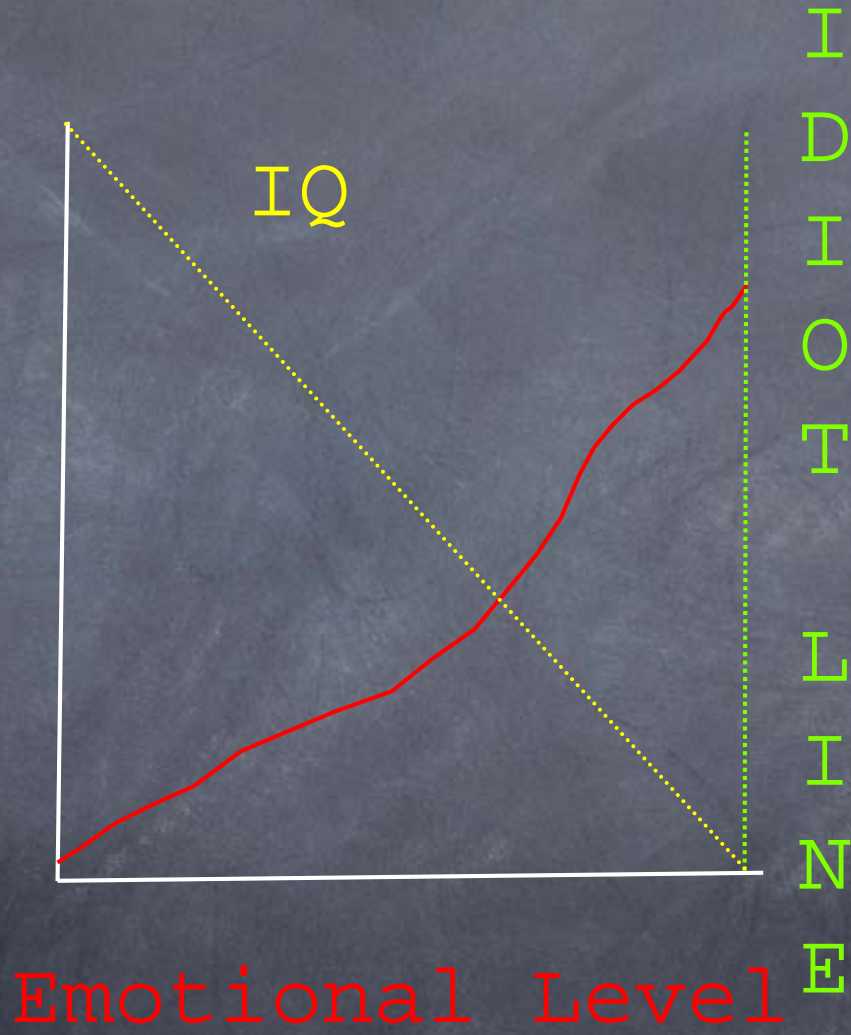
- Hero / Martyr

- Blamer / Scapegoat

- Invisible / Lost

- Mascot / Distractor

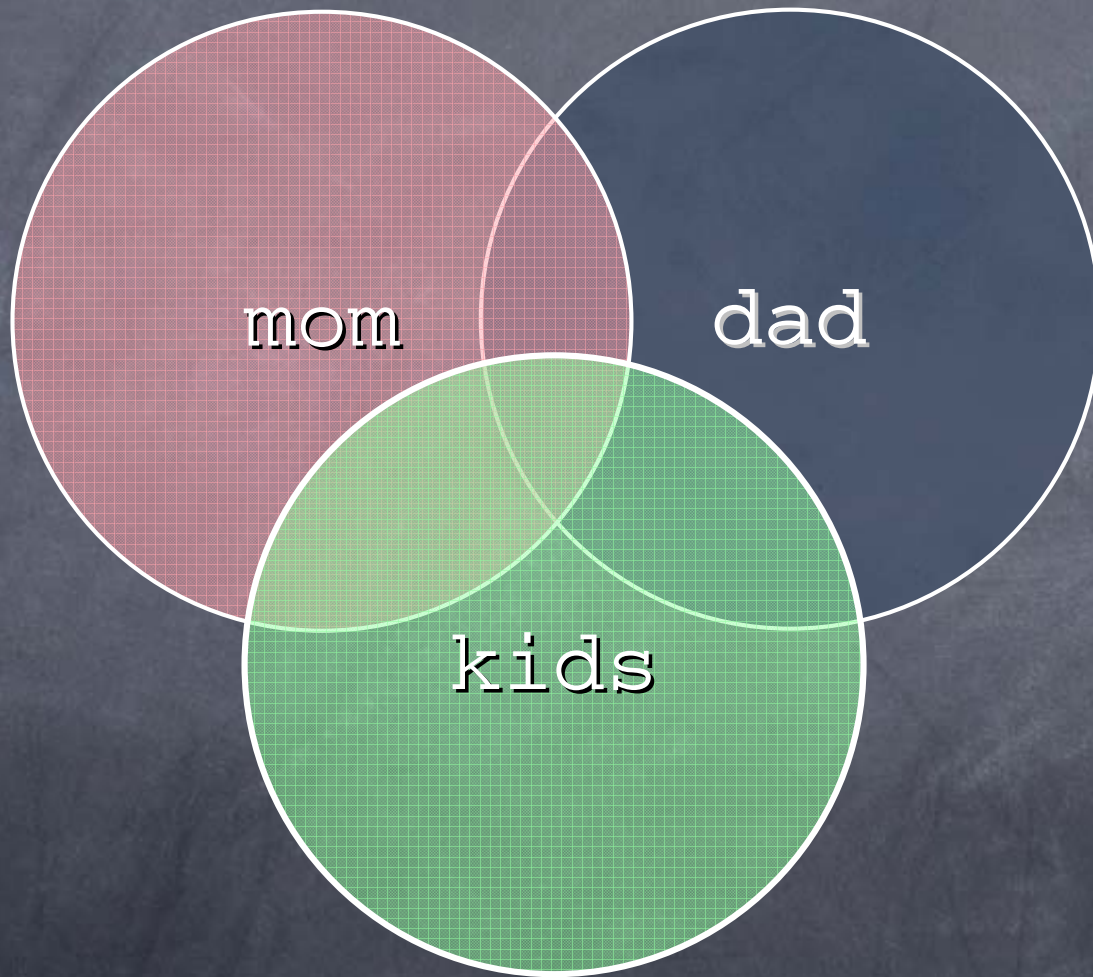
Time



IQ

Emotional Level

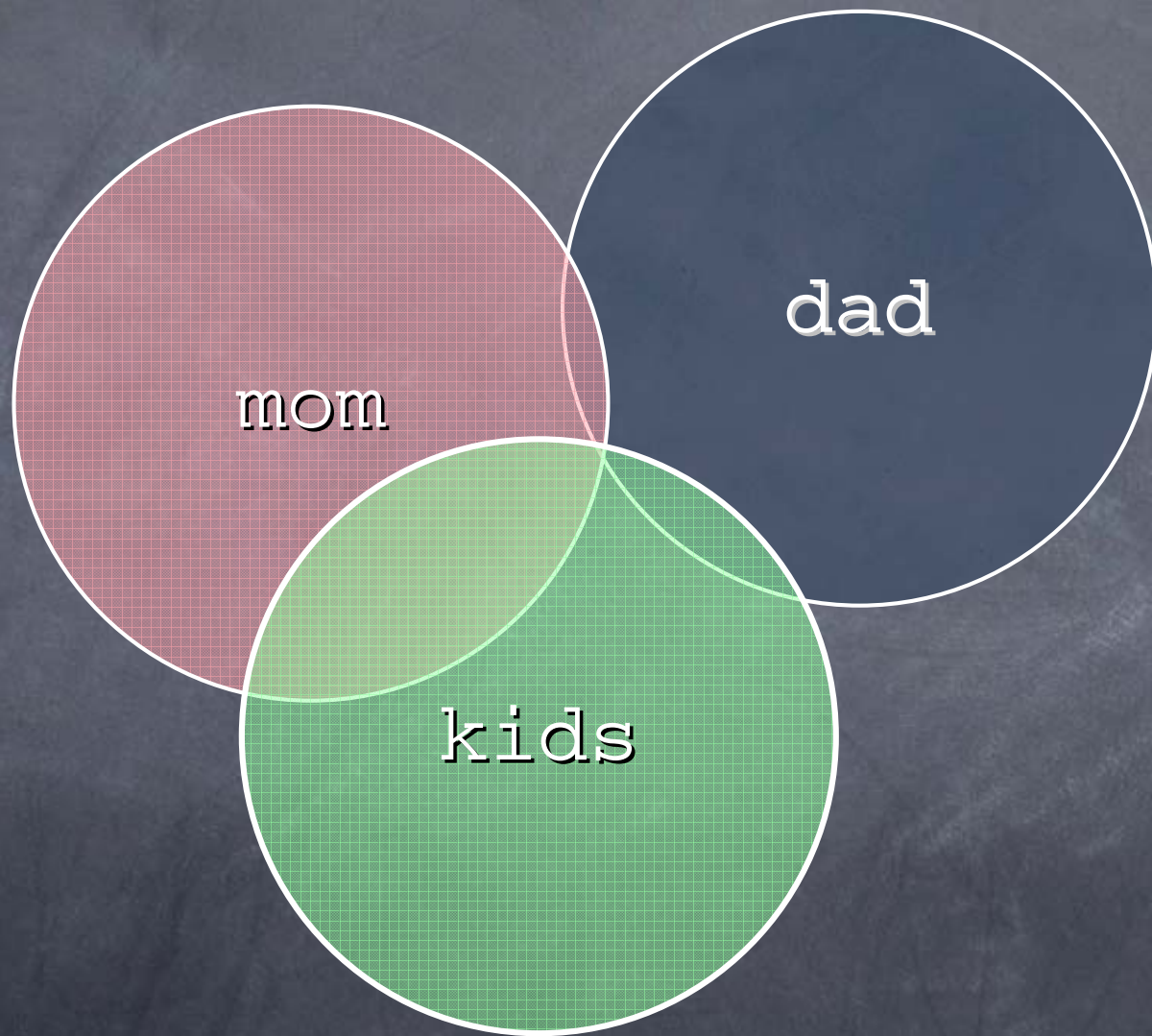
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mom

dad

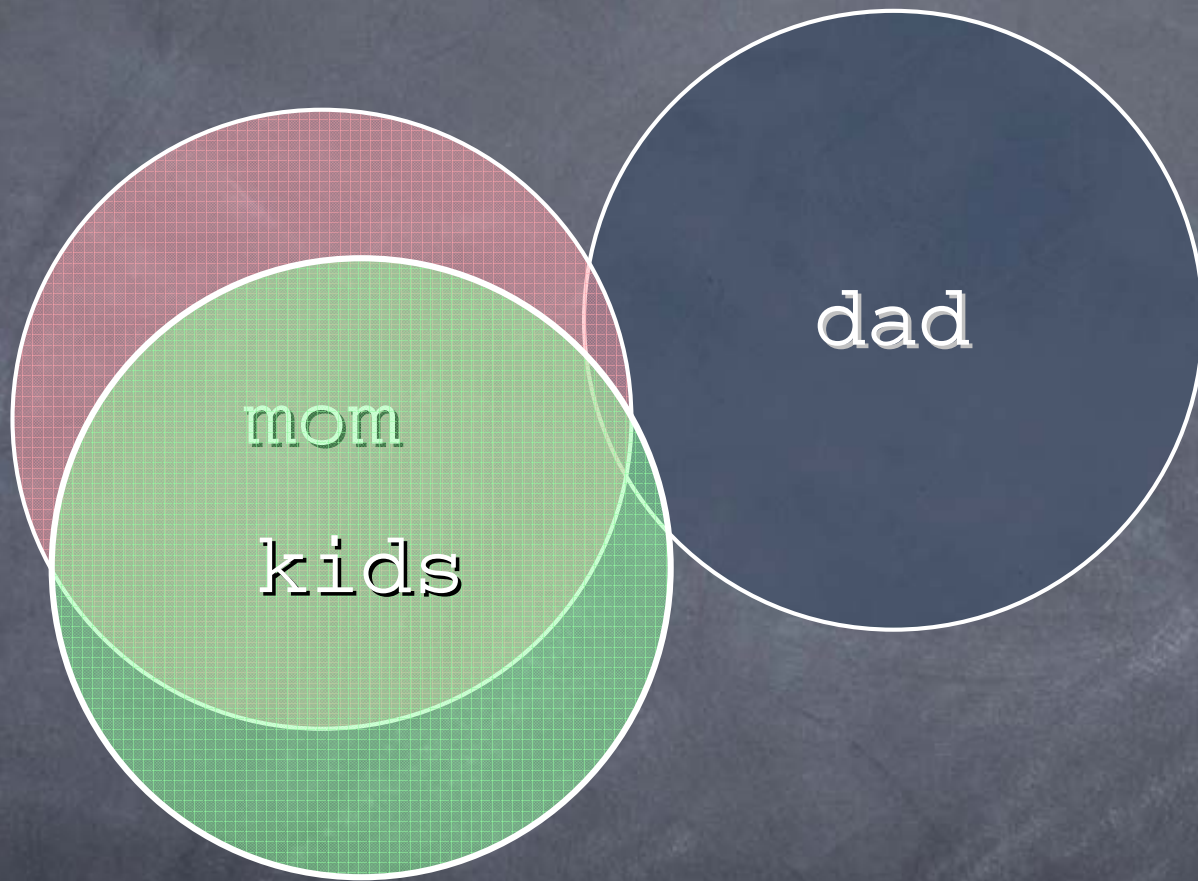
kids



mom

dad

kids



mom

kids

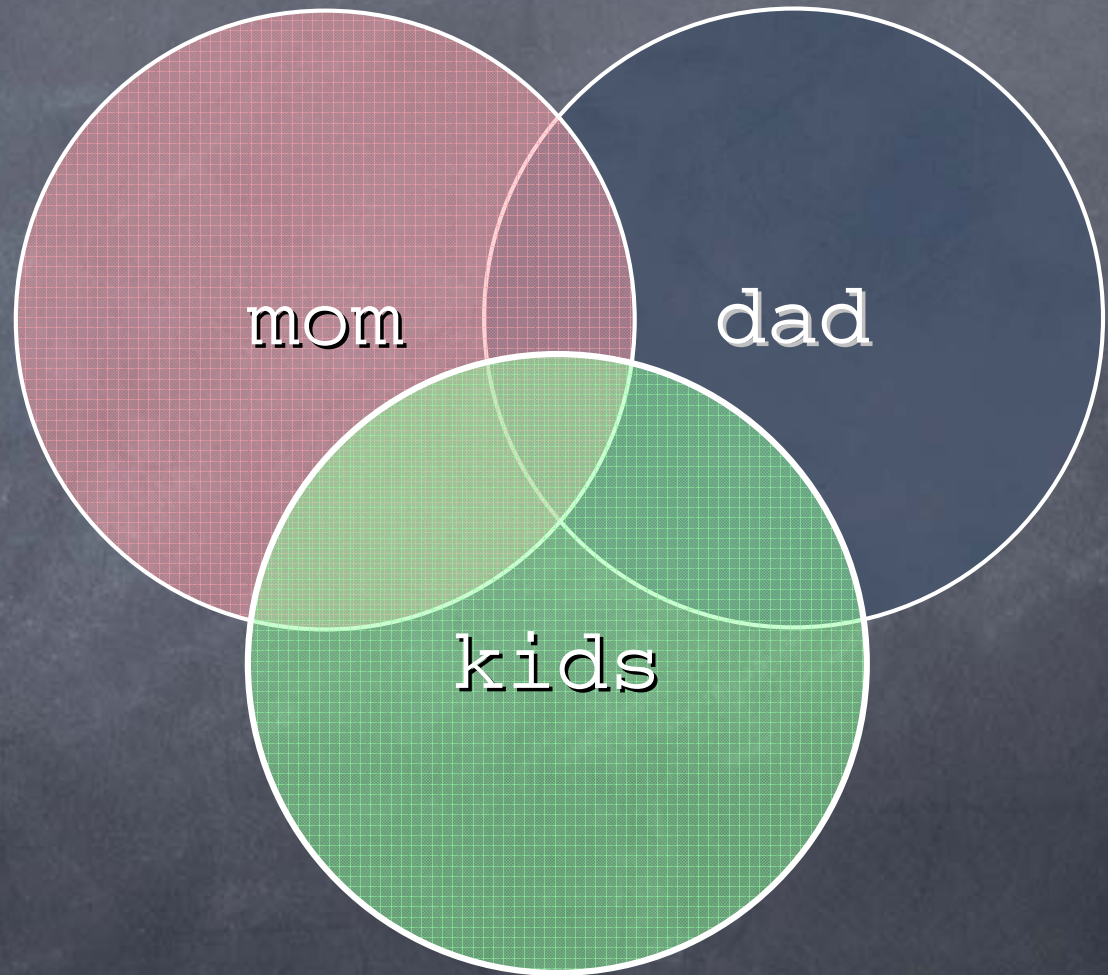
dad

168 hours

sleep = 56 hrs

work = 40, 50, 60 hrs

cooking, shopping, doctor
appointments, basketball
practice, driving



Recommendations

- write a mission statement
- make a time budget
- destroy guilt / anxiety / STRESS
- don't take anything personally
- laugh

Sources (of a sort)

- Family Evaluation - Michael Kerr & Murray Bowen
- One Family's Story: A Primer on Bowen Theory - Michael Kerr, MD
- People Making - Virginia Satir
- Reason and Emotion in Psychotherapy - Dr. Albert Ellis
- Systematic Training for Effective Parenting - Don Dinkmeyer
- Why We Make Mistakes - Joseph Hallinan