



THE HINDA INSTITUTE

# **Why Do Families Work or Fight? - A Comparison**

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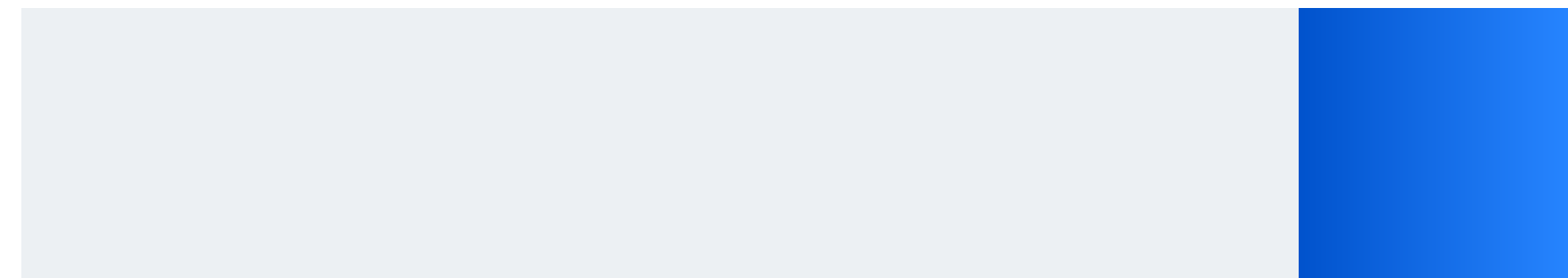
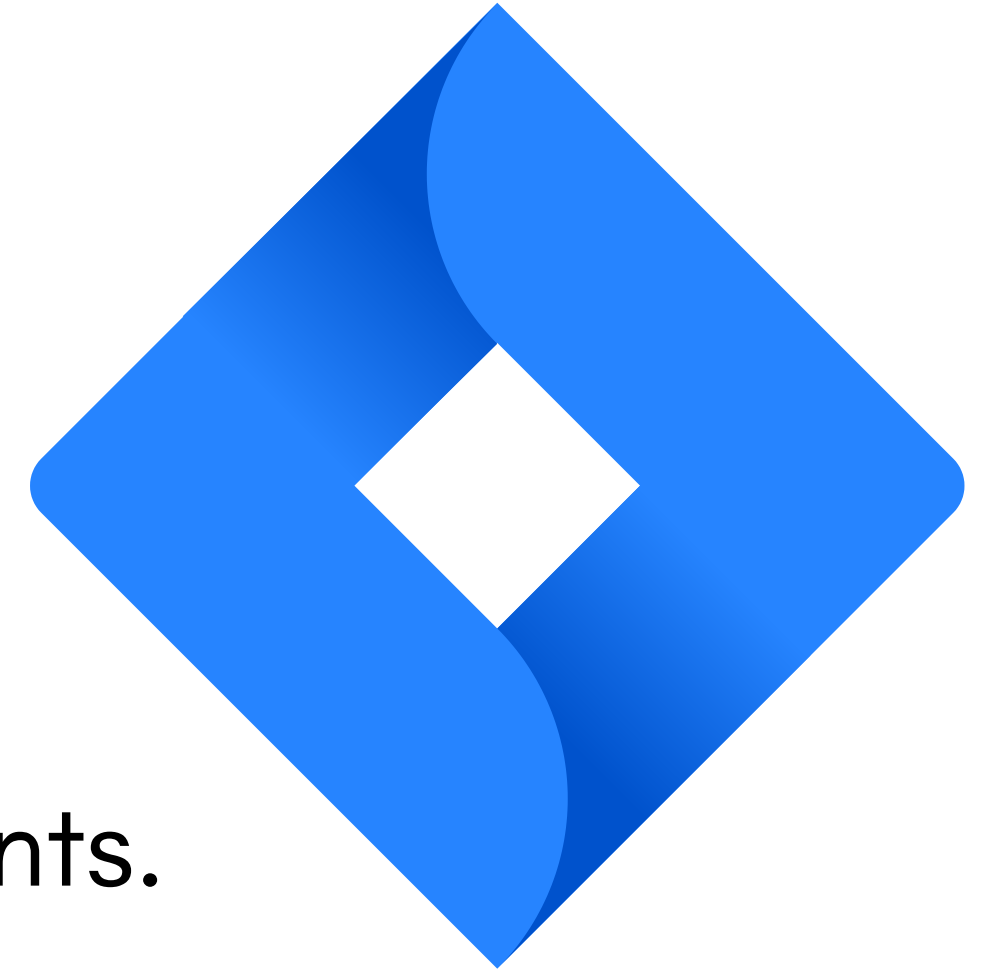
**Session 2**

# Common Features of Healthy Families

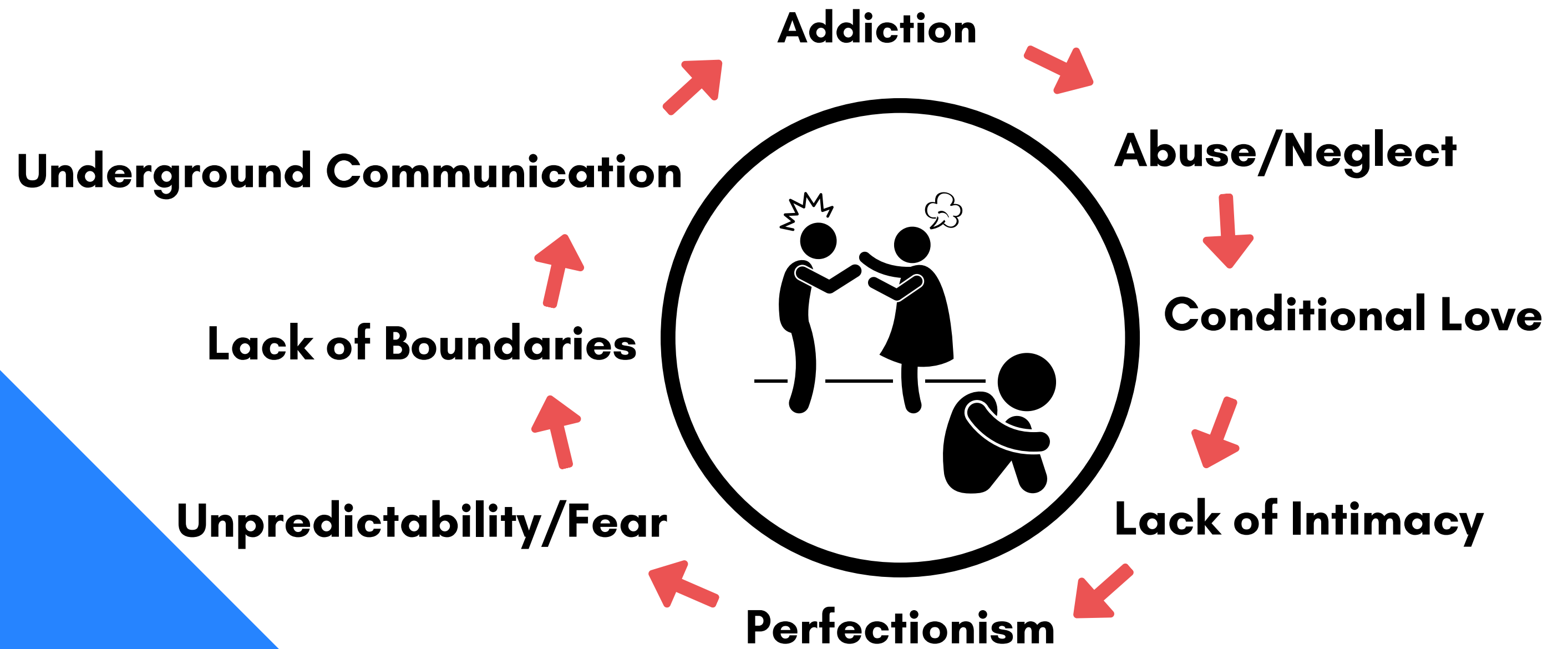
- Cohesive, stick together.
- Open, not rigid communication.
- Heads of household lead by positive, caring example.
- Clear boundaries and expectations exist.
- Conflict management skills are taught/used/expectations.

# Families That Work Have Benefits

- Minimal tension.
- Promote and recognize others' abilities/talents.
- Ongoing interest in each other's life and concerns.
- High levels of problem solving.
- Complement others' strengths/differences.
- Find joy in making/sharing family memories.



# Common Features of Disorder-Families That Fight



# Lifestyle Events May Trigger Disorder

1. Death of a Family Member
2. Birth/Adoption
3. Parent/Caregiver Divorce/Separation
4. Severe Illness
5. Limited Resources/Change in Financial Situation
6. Moving
7. Chronic Distress
8. Loss of Social/Community Supports



# Social Consequences Face Disordered Families/Individuals

SHUNNING- Emotional Distancing by Society: The Death of Personhood



- Set of rules ceasing interaction with person, family, group- isolation.
- Form of abuse, discrimination with lifelong effects.
- Transgressions punished by authorities.
- Silent form of bullying.
- Families become further disordered.

# Emotional/Psychological Consequences Face Disordered Families/Individuals- SHAMING

- Painful feeling of humiliation/distress caused by awareness of perceived wrong behavior.
- Loss of respect, esteem, dishonor.
- Disgrace or embarrassing others.
- Used to promote feelings of inadequacy.
- Loss of sense of self- "Who Am I?"
- Leads to anxiety, depression, suicidal ideation.
- May result in long term agony.