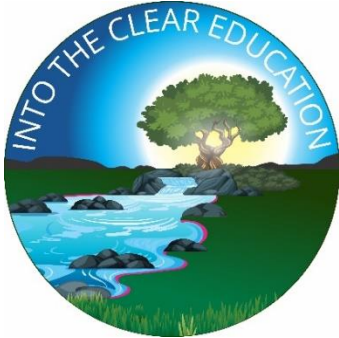


## Workbook-Module 8-Family and Recovery



**Introduction.** We all come from different family backgrounds. Some grow up in homes as the only child. Some have numerous siblings. Some children are adopted. Some grew up in the care of foster parents. Some

of us had parents with addiction problems. Some of us had the perfect childhood! Just kidding. That may not exist. Whatever your family of origin background, it makes a deep impact on how you view the world, relationships, faith, money, education, and so on.

**Objective.** Identify some of the key components of family dynamics that are influential on our peace and well-being as well as blocks and breaks in family connections that contribute to addiction and negative responses within ourselves and with others.



## Family of Origin (8.1)

1. True or False Practicing **self-differentiation** will mean identifying characteristics that are uniquely your own.
2. In the Jerry Wise video on the importance of coming free of being enmeshed and tangled with a dysfunctional family system, what are the 2 extremes that need to be avoided when possible? \_\_\_\_\_ and \_\_\_\_\_.
3. High \_\_\_\_\_ of family member can lead to discouragement and resentment.
4. True or False It's your job to understand and change your family.
5. What is self-differentiation? I am not \_\_\_\_\_. You are not \_\_\_\_\_. We are not our \_\_\_\_\_. We have been significantly \_\_\_\_\_ by them though.
6. Avoid the dysfunction of fused 1-on-1 or \_\_\_\_\_ relationships.
7. Realize when the \_\_\_\_\_ well from a dysfunctional system is dry and quit going back to it with \_\_\_\_\_ expectations.
8. What are appropriate ways to respond to the judgments and criticisms of others?
  - a. React immediately so they know they have been heard.
  - b. Just listen and try to understand where the other person is coming from.
  - c. Repeat back what was said to let them know they have been heard.



## Exploring the Family Tree (8.2)

Day 2 – Exploring the Family Tree.

9. True or False. There are always high points, low points, and key moments that shape our family line?

10. We tend to \_\_\_\_\_ our family's anxieties.

11. Seeing the \_\_\_\_\_ context of various major events and turning points of our families places negative and difficult events in the \_\_\_\_\_ where they belong.

12. In the story of Herbert, what emotion(s) did he exhibit that changed the course of his family's future? \_\_\_\_\_

13. True or False. These emotions and traits that get woven into family trees can contribute to substance abuse and other addictions like over eating?

14. Who is the grandparent that has had the most positive influence on you and why? \_\_\_\_\_

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## Are You the Scapegoat?

**Scapegoat** – A person who is unfairly blamed for something others have done.



15. This word scapegoat finds its root back with the ancient Israelites. The sins of the people were symbolically placed upon the head of the goat and then the goat was sent out of the camp into the wilderness. This was to keep the village pure and the people in \_\_\_\_\_ - \_\_\_\_\_ with God.

16. Bearing the blame for the brokenness of a family's emotional system can \_\_\_\_\_ on the \_\_\_\_\_-tellers.

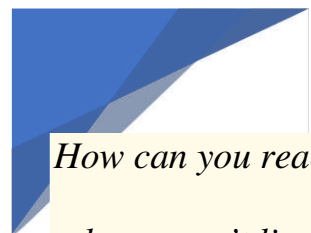
17. Tired of chronic family issues, some try to \_\_\_\_\_ from those dynamics.

18. This conflicted emotional field can be the \_\_\_\_\_ for using alcohol and other addictive substances.

19. Narcissistic parents point the finger to make a child the \_\_\_\_\_.

20. This may be the result of poor parenting from their parents and a lack of \_\_\_\_\_ of their own failure and \_\_\_\_\_ flaws.

21. True or False. Manipulation, blame, rebellion, and overly critical attitudes are all problem dynamics that often come out of this malformed family structure.



*How can you react if others aren't listening to your concerns? Do you need to become passive or aggressive? Perhaps instead of reacting when the pressure increases or someone presses your proverbial buttons, you could become still, calm, and more focused.*



22. What 3 things can help to set us free?

\_\_\_\_\_

23. It's important to get the \_\_\_\_\_ out of your own eye before pointing the finger at other people's problems.

*You are a dynamic and changing person!*

*You do not need to remain stuck in old emotional fields.*

### **Grieving and Letting Go in Times of Loss.**

24. Grieving is a process. Losing a loved one is something we have gone or will go through. Losing addictions is also a loss and requires understanding of \_\_\_\_\_.

25. What are the 5 traditional stages of grief? \_\_\_\_\_

\_\_\_\_\_.

26. How you process grief may be unpredictable. You may jump around \_\_\_\_\_ different stages.

27. Seek good counsel! You \_\_\_\_\_ have to grieve alone.





*Feeling painful emotions and acknowledging shared experiences helps. They remind us to **hold gratitude in our hearts** for the loved ones we are still present with.*



28. Grieving and \_\_\_\_\_ emotions comes before \_\_\_\_\_ go.

29. Addiction behavior among other things is an effort to numb negative emotions like anger, frustration, and resentment. What else tends to be numbed or pushed aside? \_\_\_\_\_

30. Losing a loved one can help you focus on an \_\_\_\_\_ appreciation for life!

31. When facing the anger, confusion, and isolation that is normal in the grieving process, \_\_\_\_\_ and \_\_\_\_\_ are instrumental in letting go.



## Say What You Need to Say

In the effort to maintain healthy relationships it is vital to share your heart openly with the people you love. People are not mind readers. Do not assume they know how you feel, what changes you are going through, or what you need.

32. Tell family you \_\_\_\_\_ them often!

33. Even through great differences, the \_\_\_\_\_ alone to talk about them together with others is \_\_\_\_\_ and \_\_\_\_\_.

34. The *Art of Listening Lesson* spoke of the difference between hearing with our \_\_\_\_\_ and \_\_\_\_\_ with our hearts to the real needs and desires of others and the importance of teaching children to listen well.

35. Good listening is a peaceful way to \_\_\_\_\_. Say what you need to say and give others the attention to do the same.

## Do It for Your Kids

The beautiful smiles of children brings a breath of fresh air to the world. Working through our own spiritual, emotional, and character issues is of infinite value to our children and the next generation.

36. The \_\_\_\_\_ demands of addiction push children's needs, spiritual, emotional, and physical to the side.



37. The sad truth is that active addiction ends up taking \_\_\_\_\_ over everything else if left \_\_\_\_\_.

38. A willingness to stop using or engaging in addiction \_\_\_\_\_ allows healing and restoration to take place. It may take time. The time it takes is \_\_\_\_\_ it.

39. Household dynamics change when children are born. Individual needs must give way to the needs of the \_\_\_\_\_ child or children.

40. What is key to regulating the family's growing emotional system?

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***Life Tip: children are not the center of the family.***

***They do want and need clear structure and limits.***

***This essential balance will greatly improve as a direct result of a parent***

***developing structure and discipline with sobriety. Consistency***

***and flexibility will work together for the good of all.***





## Conclusion

It is from our fathers and mothers and our family of origin that we first experience life. Learning to navigate our way through the rough waters of childhood and adolescence and into a healthy adulthood is no easy task. As adults we seek to improve on the generations that came before us. Addiction can be a response to the emotional systems we are formed in. The work of self-differentiation, seeking and finding truth, and standing with clear boundaries, is life giving.

All families have brokenness and shadows to bring into the light. There are tiny hands and feet that are counting on us to get things right. Your newfound awareness looks for love and healing to rejuvenate your life and your steps. Now you are stronger and more awake. What will you do with that strength and where will you go from here?

**Question for Reflection:** Journal about the vision you have for your family's positive transformation. What are some practical things you can do consistently to help that vision come true? \_\_\_\_\_

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