

*Fremont Vineyard  
Christian Fellowship Presents*

*Home For  
The Holidays  
RE-aligning Family  
Relationships*

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# *Home For The Holidays*

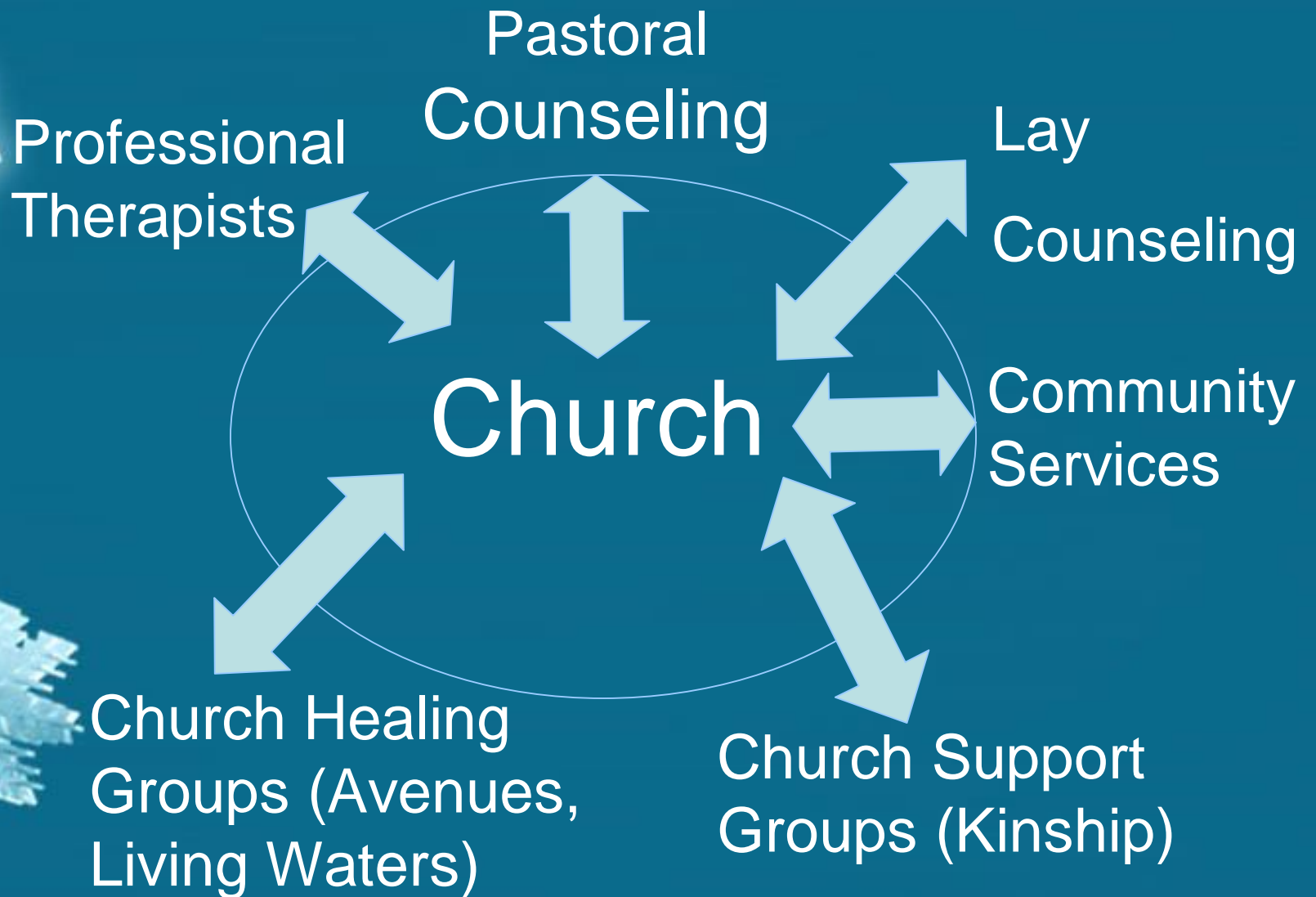
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*ChristianMentalHealth.com*

# Body of Christ To Facilitate Healing





# Objectives For Today

- ***By the end of this seminar you will be able to:***
- Identify healthy alignment
- Identify one current alignment problem between you and another family member
- Identify your role within the family
- Plan your next step to creating a more healthy alignment with a family member



What is alignment?

# Circumplex Family Map

*Low*

**Cohesion**

*High*

*High*

Chaotically  
Disengaged

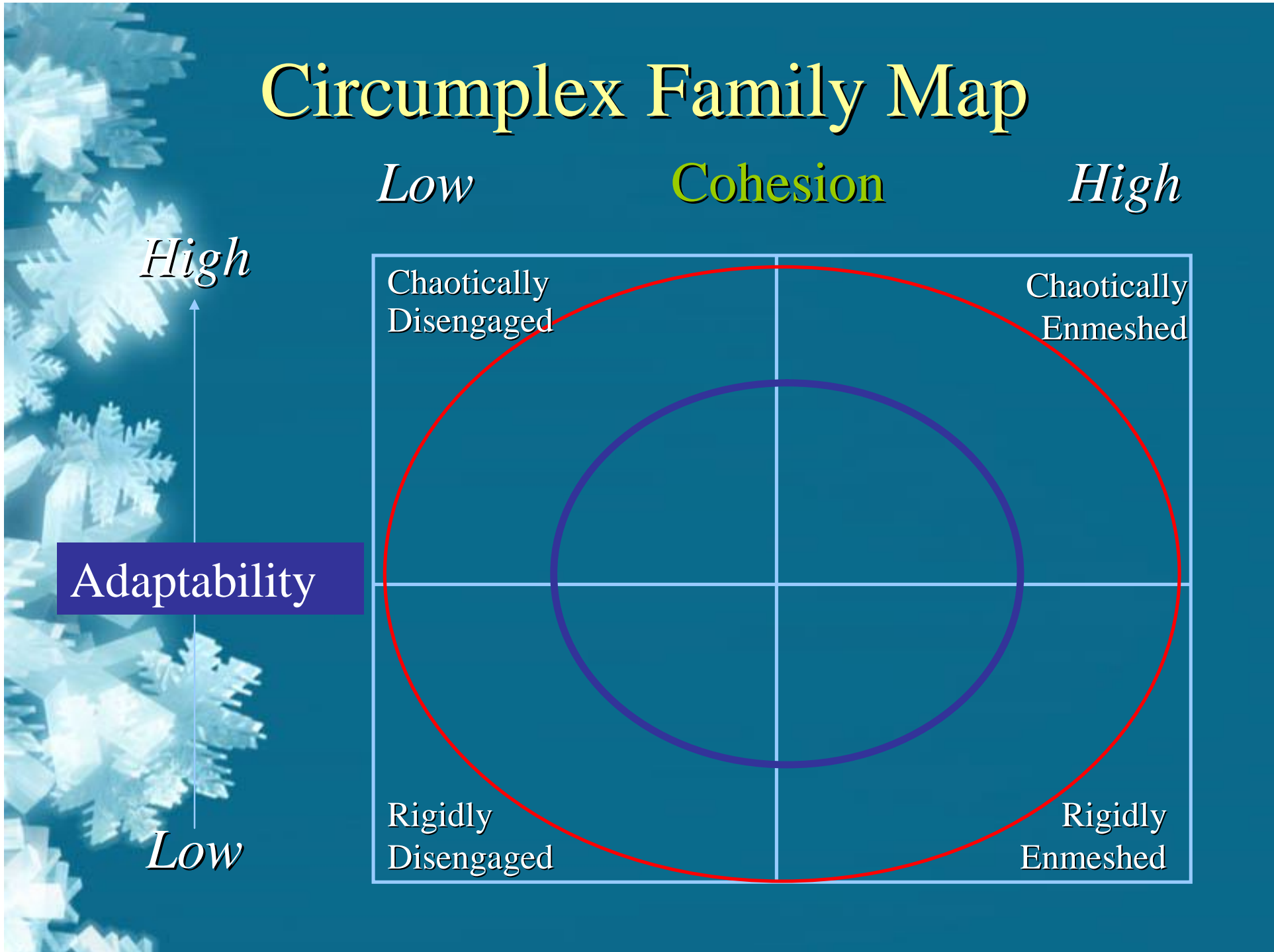
Chaotically  
Enmeshed

Adaptability

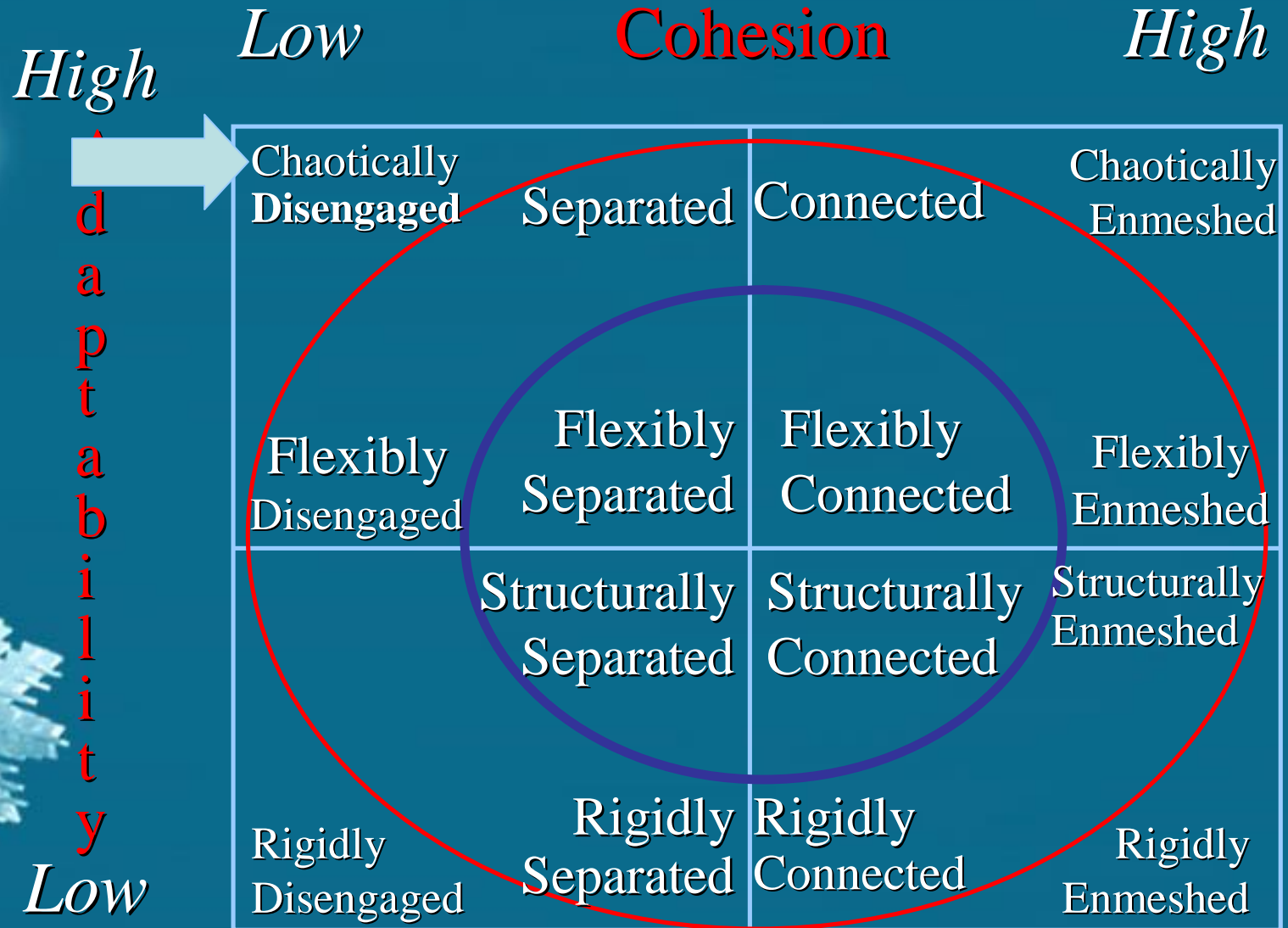
*Low*

Rigidly  
Disengaged

Rigidly  
Enmeshed



# Circumplex Family Map

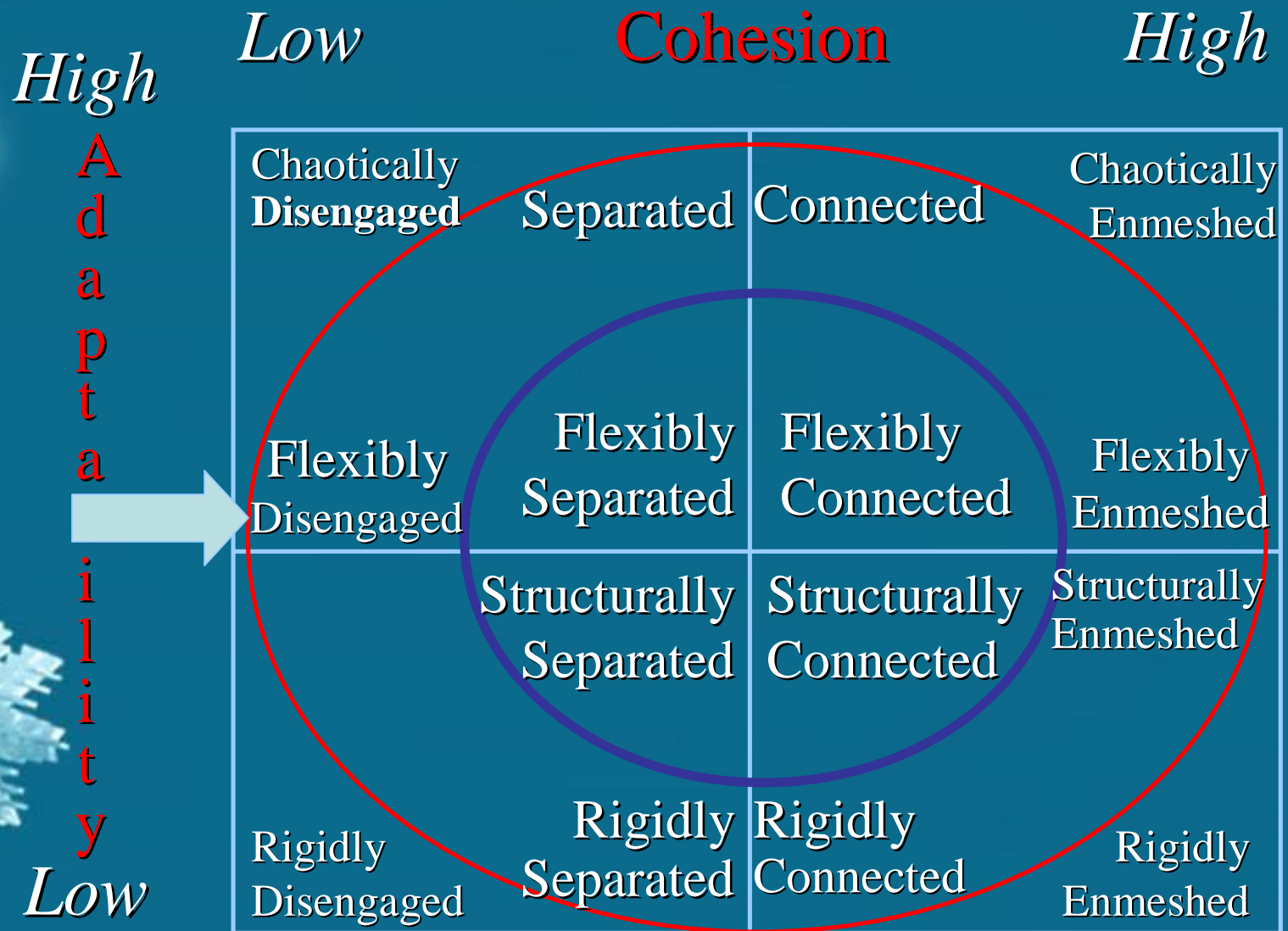


# Overly Flexible/Chaotic



- Too much change, which can lead to chaos
- Lack of effective leadership
- Dramatic role shifts
- Erratic discipline

# Circumplex Family Map

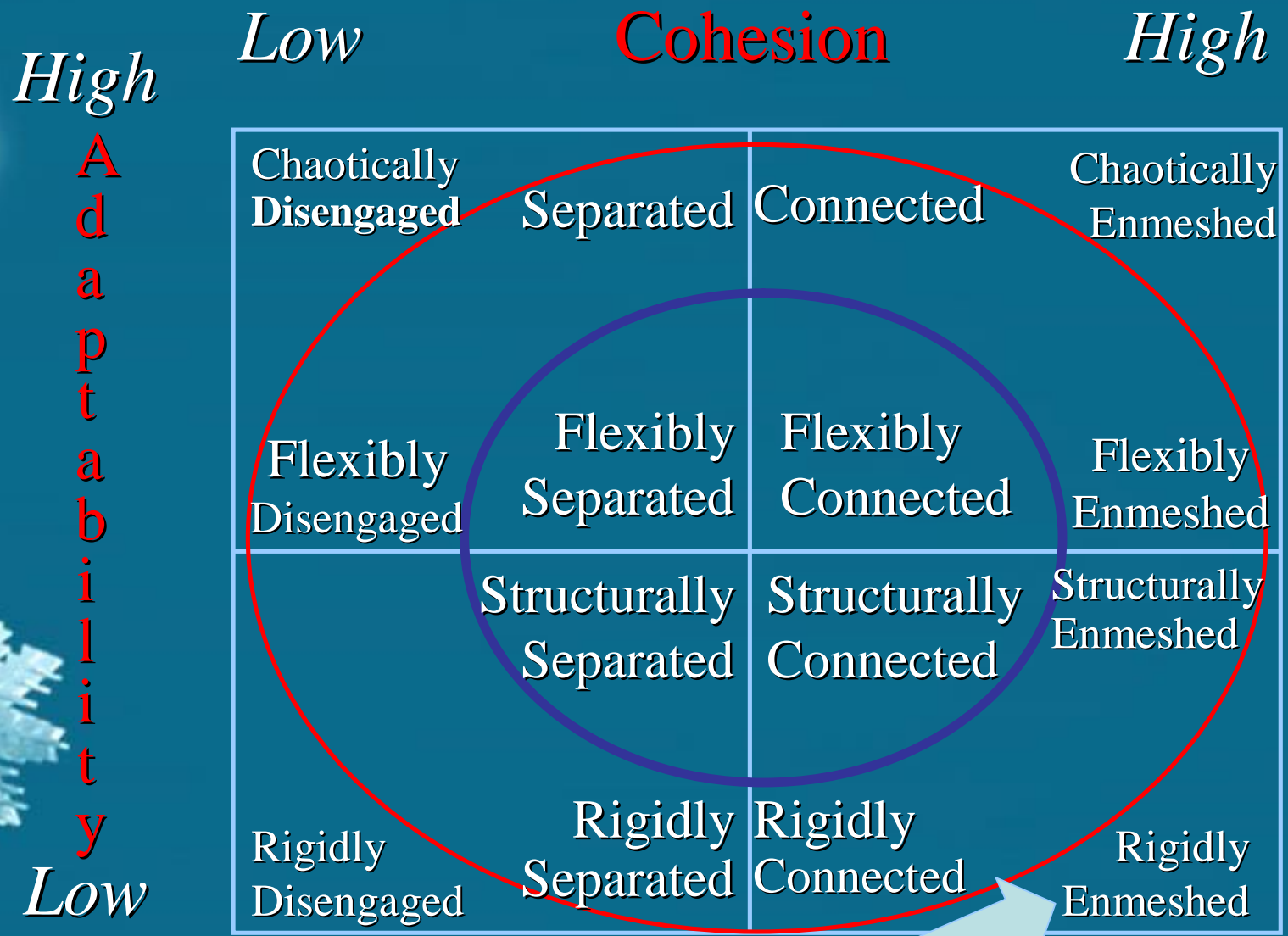


# Disconnected/Disengaged



- Too much separateness
- Little closeness
- Lack of loyalty
- High independence

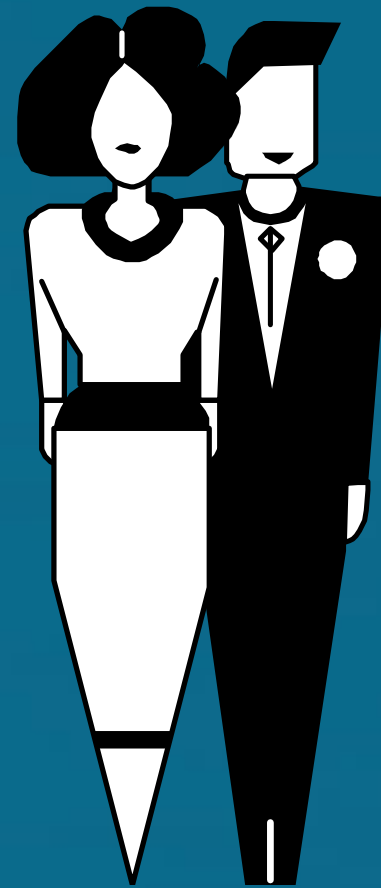
# Circumplex Family Map



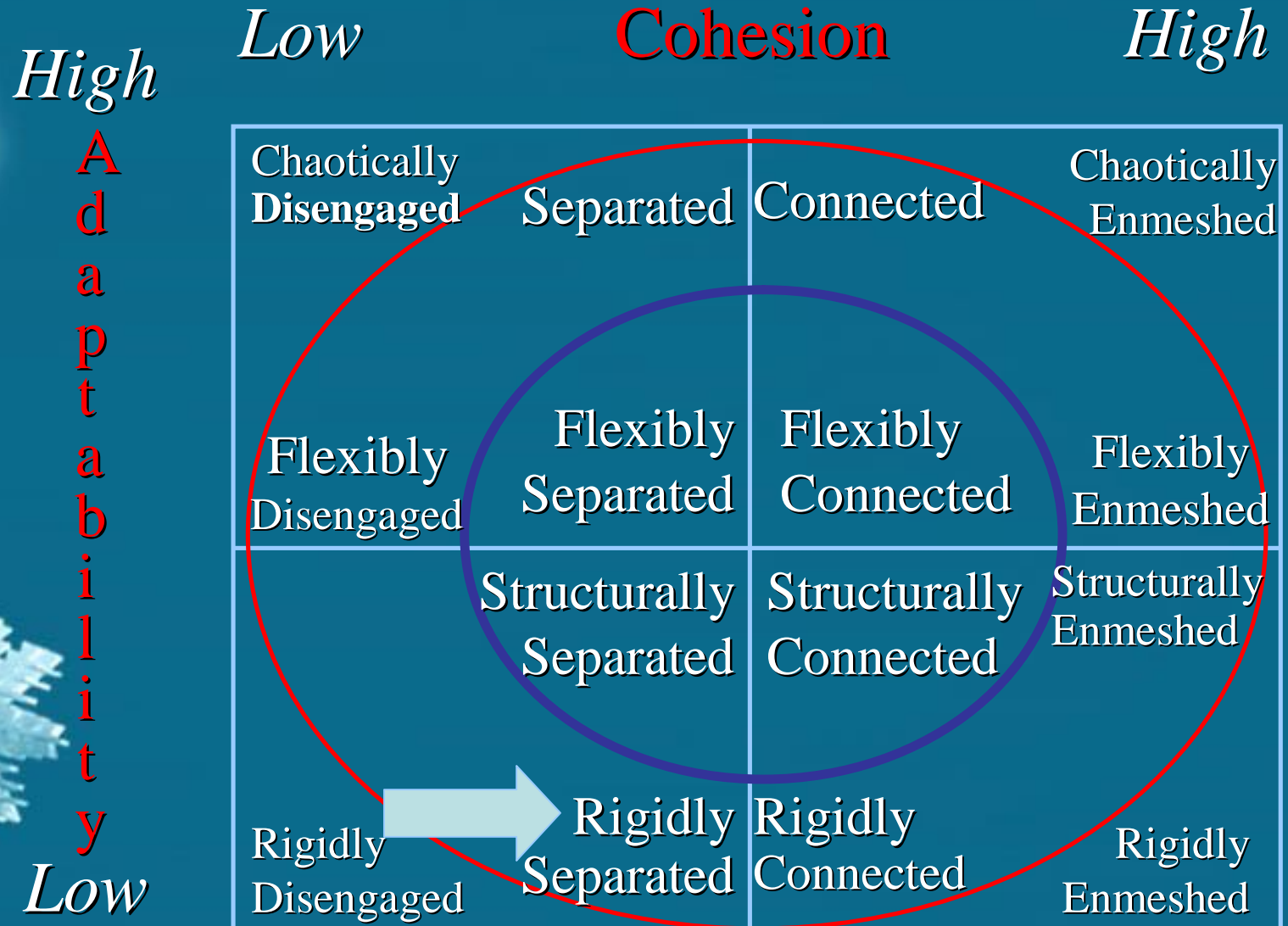
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# Overly Connected/Enmeshed

- Too much togetherness
- Too much closeness
- Loyalty is demanded
- High dependency

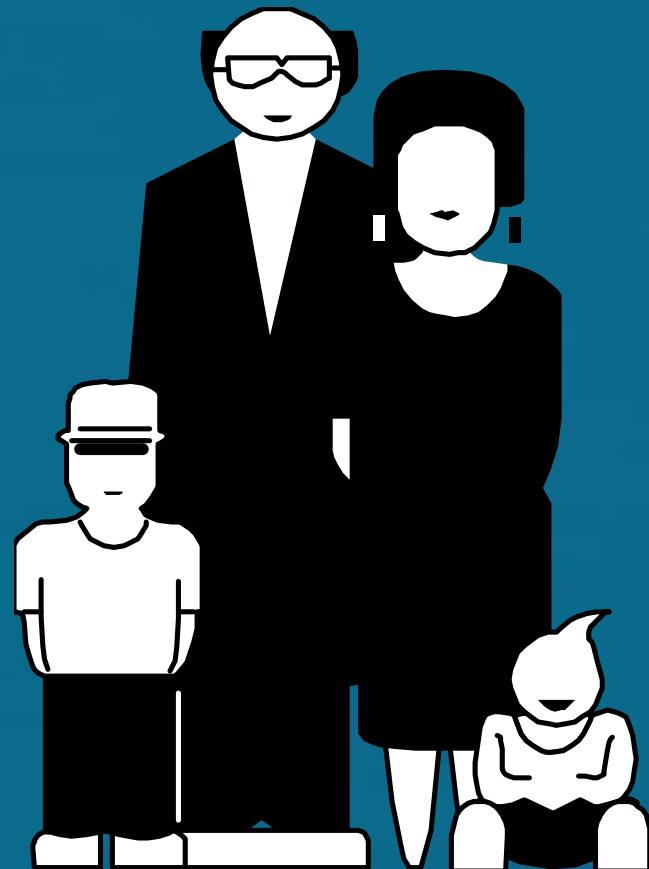


# Circumplex Family Map



# Inflexible/Rigid

- Too little change
- Authoritarian leadership
- Roles seldom change
- Strict discipline



# Healthy Family Profiles



- Singles and the family



- Couples and the family



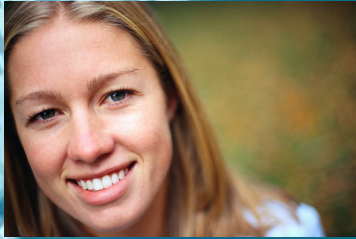
- Blending families

# Healthy Family Profiles: Singles and the family



- Trust God through the process of change
- Have a perspective of a sense of belonging
- Are emotionally connected

# Healthy Family Profiles: Singles and the family – con't.



- Are economically stable and willing to ask for help from parents and family members without fear of punishment
- Align sexual values with Biblical principles
- Have appropriate boundaries that are honored

# Healthy Family Profiles: Couples and the family



- Trust God through the process of change
- Are committed to the relationship (seek love while comforting each other)
- Talk more with each other and with in-laws

# Healthy Family Profiles: Couples and the family – con't.



- Each person is recognized for their efforts in building the relationship (personal disclosure w/o threatening to break-up the relationship)

# Healthy Family Profiles: Couples and the family – con't.



- Are flexible to convey emotional and physical sexual comfort with each other in the marriage



- Have appropriate boundaries that are honored

# Healthy Family Profiles: Blending families



- Trust God through the process of change
- Celebrate differences (break cycle of negativity)
- Have balanced negotiation skills (less power struggles that lead to disconnectedness)

# Healthy Family Profiles: Blending families – con't.



- Honor prior relationships (listen with respect without judgment)
- Prepares the child to live spiritually, emotionally, and physically with multiple relationships
- Have appropriate boundaries that are honored

# Family Roles

- The Enabler / Co-Dependent
  - The Hero / Responsible
- The Scapegoat / Acting Out
  - The Lost Child / Adjuster
  - The Mascot / Placater



# FAMILY HERO

## CHARACTERISTIC AGES

Oldest child

## SCHOOL CHARACTERISTICS

Makes good grades

## OUTER CHARACTERISTICS

- Spiritually- accomplishments
- Lots of activities
- Admired
- Goes from accomplishment to accomplishment
- Teachers brag about
- Serious, seldom plays
- Adult-like, extra mature
- "Have it made"
- "Have it all together"
- Relatives dote on
- Helpful at home
- Successful away from home

# SCAPEGOAT

## •CHARACTERISTIC AGES

May be second child

## •SCHOOL CHARACTERISTICS

Fails in school

## •OUTER CHARACTERISTICS

- Spiritual-Compare to other, align to more religious, false self identity
- Rebellious
- A "screw up"
- Angry
- May try to compete with the hero but loses out
- Stops trying to please family, may withdraw
- Compared to older brother or sister
- Puts on "tough act"
- Early chemical use
- Girl may get pregnant
- Runs with peers who are like him

# LOST CHILD

## CHARACTERISTIC AGES

May be third child

## SCHOOL CHARACTERISTICS

Quiet, shy, often goes unnoticed

## OUTER CHARACTERISTICS

- Spiritual- No assurance of salvation or faith-take faith in, no internalizing
- Loner
- Ill at ease with others
- May read, listen to music or look at TV a lot
- Tries not to be a bother
- Strong attachment to animals
- No close friends



## MASCOT

Caretaker, Placator

### CHARACTERISTIC AGES

May be youngest child

### SCHOOL CHARACTERISTICS

Class "cut up"; class clown

### OUTER CHARACTERISTICS

- Spiritual-Lose themselves in the current spiritual influences
- Happy-go-lucky
- Disruptive
- Hyper-energetic
- Family regards as fragile - in need of protection
- Keeps focus on self



# Unhealthy / Mis-Aligned Family Rules

(Unspoken)

DON'T FEEL

DON'T TALK

DON'T TRUST

DON'T THINK

DON'T CHANGE

# Communication Model

Expressive

- Pattern
- Order
- Peace

Talk

Essence of Relationship

Keep In  
Touch

Informative





# Other Roles

- Roles played in family based on one's behavior
  - Victim
  - Keeping the Peace
  - Stern Taskmaster
  - Disciplinarian
  - Hard-working caregiver
  - Critic, perfectionist

# Reflection Activity

- What family member are you in mis-alignment with?
- What is nature of the mis-alignment?
  - What roles do others take on that make you angry?
  - What relationship:
    - isn't working for you?
    - Do you fight with the most?
    - distance yourself from?



# Healthy Aligning of Family Relationship

- Ask God what His desire is for you in your family alignment
- Disclose a secret
- Talk about the elephant in the room
- Confront immature behavior/addiction
- Reconcile past hurts
- Forgive those who have hurt you
- Grieve the loss of a family member

# Grief Process in Families

Loss-Hurt

Shock

Numbness

Denial

Emotional  
Outburst

Anger  
Fear

Searching

Disorganization

Panic

Loneliness

Guilt

Depression

Isolation

Loss  
Adjustment

Helping  
Others

Hope

New Strengths

New Relationships

Re-Entry  
Troubles



# Words from God's Plan (NAS)

- Be fruitful and multiply and fill the earth... Gen. 1:28
- You shall love the Lord your God with all your heart and with all your soul and with all your might...Deut. 6:5
- That if you confess with your mouth Jesus as Lord and believe in your heart that God raised Him from the dead, you will be saved...Rom. 10:9

# Words from God's Plan (NAS) - continued

- ...present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship...Rom. 12:1
- But now faith, hope, love, abide these three; but the greatest of these is love. Pursue love...1Cor. 13:13; 14:1
- Be kind and compassionate to one another, forgiving each other; just as in Christ God forgave you...Eph. 4:32

# Words from God's Plan (NAS) - continued

- Bear one another's burden, and thereby fulfill the law of Christ...Gal. 6:2
- ...if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; each one looking to yourself, so that you too will not be tempted...Gal. 6:18

# Words from God's Plan (NAS) - continued

- And without faith, it is impossible to please Him, for he who comes to God must believe that He is a rewarder of those who seek Him...Heb. 11:8
- Go therefore and make disciples of all the nations, baptizing them in the name of the Father, and Son, and the Holy the Spirit, teaching them to observe all that I commanded you; and lo, I am with you, even to the end of the ages. Matt. 28:20



# Reflection Activity

What is your next step to re-align your relationship with a family member?



# Next Step Example

- Request that parents begin treating you like an adult
- Talk with my family about improving relationships
- Don't attend painful family events
- Talk with a family member about how you are treated poorly, unfairly, neglected, rejected



# Next Step Example

- Read a book about family relationships
- Make an appointment with a professional therapist

# Resources

- For a copy of this presentation go to [www.ChristianMentalHealth.com](http://www.ChristianMentalHealth.com)
- Focus on the family
- NewLife.com
- Book: Safe People
- The Holy Bible



# Follow up

- For a copy of this presentation
  - [www.Apokata.addr.com](http://www.Apokata.addr.com)
- Follow up support
  - Relationship assessment testing
  - Family assessments



Thanks to our hosts

Pastors Brian and Lisa White

Fremont Vineyard Christian Fellowship

Thank you for your  
participation

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