

BALANCE-CHANGING EVENTS

Change in one part of a family system affects the whole system, and it is the same with families. When life circumstances, events, or members change, the whole family will be affected. These changes may throw the system off-balance, compelling the parts to try to restore balance. This tendency of systems to move toward a relatively stable equilibrium or balance between interdependent elements is called **homeostasis**.

These changes may throw the system off-balance, compelling the parts to restore homeostasis. Family members adapt, confront challenges, and tap into resources to re-establish the safety and security that comes with balance. Healthy, well-functioning systems interrupt negative, repeating patterns of behavior and strive to create positive interactions that reduce problems. Some common balance-changing events are listed below. Circle the ones that occurred in your FOO from birth up to around your early twenties. If you are not there yet, then up to your present age.

Balance-Changing Events

Births	Separation	Marriage	Job loss/change
Death	Retirement	Affairs	Legal trouble
Divorce	Job promotion	Illness	New baby
Addiction	Injuries/accidents	In-law troubles	
Changes in social group	Eating/sleeping problems		
Abuse	Adolescent individuation	Hospitalizations	
Life changes	Mental health problems	Financial hardships	
Vacations	Children leaving home	Holidays	
Sobriety	Recovery	Counseling	Developmental changes