

Unhealthy Family Rules

Healthy Family Rules

Don't Talk, Deal, Trust, Feel.....Talk, Deal, Trust, Feel
Don't rock the boat..... Conflict is normal & okay
Don't be angry..... Express anger appropriately
We don't talk about that!..... We communicate openly
Lie about how you feel Honesty is best
Kids are responsible for parents..... Parents are responsible for kids
Be sick to get attention..... Ask for attention when needed
Show no fear..... Fear is normal, healthy, & okay
Always look happyBe genuine
Don't be vulnerable, it is weakVulnerability is a strength
Fight & bully to protect selfSet firm & consistent boundaries
Don't have needs.....Embrace & ask for needs to be met
Go along to get along..... Be agreeable, if you agree
Yell to be heardEveryone's voice will be heard
Conflict is bad..... Conflict is healthy & managed
Power/control are important..... Respect/validation are important
Father knows best.....We all have input in family decisions
Deny any problems We openly discuss & learn
Be perfect Mistakes are perfectly okay
Value = Productivity.....Value is inherent
Blackmail is acceptable Blackmail is abusive

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Do not trust anyone Trust is earned
Keep your mouth shut It is safe to gently confront others
Being different is bad..... Differences are beautiful
Withdraw when uncomfortable..... Embrace discomfort to grow
Avoid problems Face problems with help
Crying is what babies do Crying is healthy & okay
Stay dependent for safety..... Be independent & individuate
Peace at any price..... Conflict is safe
Attack & defend..... Respect differences
Rules are rigid & inflexible Rules are clear & negotiable
Mistakes are unacceptable Mistakes will be forgiven
Deny & blame Be accountable
Obedience above all Use critical judgment & freedom
Keep secrets..... Problems are acknowledged
Be passive-aggressive Use assertive, respectful language
Sex is sinful & bad Develop your sexual identity
Act like it never happened..... Own mistakes & apologize
Punishments are given at will Consequences are earned
Don't notice the problem, it will pass Acknowledge problems
Triangulation is normal..... Triangulation is unhealthy
Gaslighting is fair fighting Gaslighting is abuse