

# Family Rules

## Unhealthy Vs. Healthy



### 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 happy.....	Be genuine
Don't be vulnerable, it is weak .....	Vulnerability is a strength
Fight & bully to protect self.....	Set 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 heard.....	Everyone'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