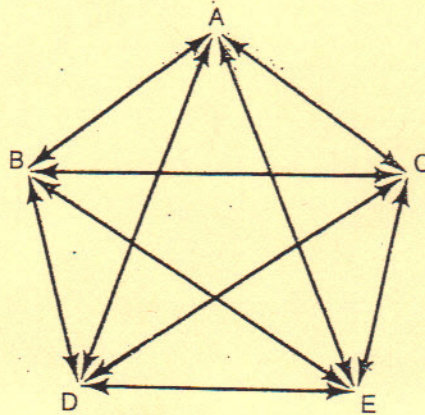


"HOW YOUR FAMILY WORKS"

Review Notes from Session #1

- "The Gift of Pain" -- Pain is a great motivator. Pain challenges us to do something about our situation.

- Anxiety flows through systems (family, work, marriage) much like electricity flows through electrical wires. The only problem is that electrical systems have circuit breakers, while families often times do not.



- "Family Systems Theory" -- Dr. Murray Bowen

- A system is a set of forces and events that interact (weather systems, solar system, human body, families).

- Systems Theory is a way of conceptualizing reality. It organizes our thinking from a specific vantage point. System thinking considers the *interrelatedness* of the parts. Instead of seeing isolated, unrelated parts, we look at the whole.

- Systems Theory is a way of seeing the whole and how the parts mutually influence one another.

- Systems Theory attempts to see the bigger picture as objectively as possible.