

SYSTEMS THEORY.....

A) Two Universal Life Forces

INDIVIDUALITY

- Separateness*
- Individual beliefs, goals*
- Reasoning out choices*
- Personal autonomy*

TOGETHERNESS

- Being with others*
- Attachment*
- Affiliation*
- Approval*

B) Self-Differentiation

-The life-long process of striving to keep one's being in balance through self-definition and self-regulation.

-Differentiation is charting one's way by means of one's own internal guidance system, rather than perpetually eyeing the "scope" to see where others are at.

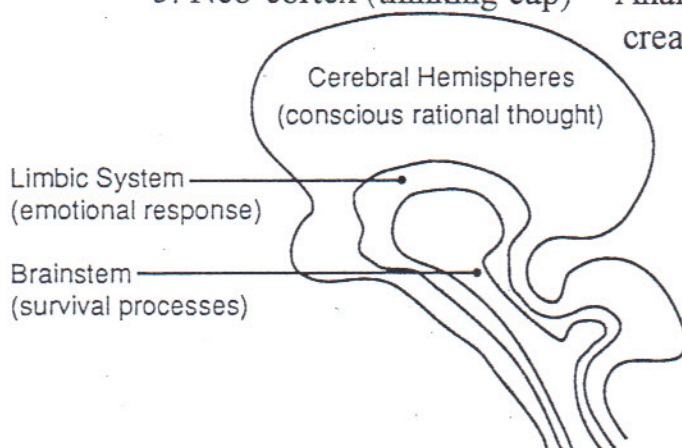
-Differentiation is the capacity to take a stand in an intense emotional system. It is to say "I" when others are demanding "we".

-Differentiation is being able to cease automatically being one of the system's emotional dominoes, to being clear about one's own personal values and goals, to taking maximum responsibility for one's own emotional being and destiny rather than blaming others or the context.

-Differentiation means the capacity to be an "I" while remaining connected.

C) The Three Tier Brain

1. Reptilian (automatic pilot) -- Survival, act without thinking
2. Mammalian (house of emotion) -- Love, hate, bond, play
3. Neo-cortex (thinking cap) -- Analyze, reflect, symbolize, observe, create



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D) Thinking.....Feeling (Emotions that have come into awareness)

E) Anxiety....

-Chronic--anxiety present in the system, generation to generation

-Acute--Anxiety that appears due to a specific event

F) Identified Patient--The one in whom the families stress has surfaced--
symptoms are merely the expression of anxiety in the relationship system.

G) Homeostasis (Balance)--The tendency of any set of relationships to strive
perpetually, in self-corrective ways, to preserve the ongoing principles of its
existence.

H) Extended Family Field

I) Triangles