

Families

EQUIPPING FAMILIES

Nurturing

STIFLING FAMILIES
"NOT SO" NURTURING
Dysfunctional

People feel free to talk about inside feelings.	People compulsively project inside feelings
All feelings okay	Only "certain" feelings okay
Person more important than performance	Performance more important than the person
All subjects open to discussion	Many taboo subjects, lots of secrets
Individual differences accepted	Everyone must conform to strongest person's ideas, values
Each person responsible for own actions	Lots of control, criticism
Respectful criticisms and appropriate consequences for actions	Punishment shaming
Few shoulds	Lots of shoulds
Clear flexible rules	Unclear, inconsistent and rigid
Atmosphere is relaxed	Atmosphere is tense
Joyous	Lots of anger, fear
Faces and works through stress	Avoids stress
People have energy	People feel tired
People feel loving	Hurt, disappointed
Growth is celebrated	Growth discouraged
People have high self-worth	People have low self-worth
Strong parental coalition	Coalitions across generation