

Understanding Family Systems 瞭解家庭的系統

I. Introduction (序言)

A. The unseen 3rd part of marriage. The other people present in counseling.

(A.在第三個未看見的部分婚姻當中，其他人的呈現在諮商當中。)

B. Families, churches, schools have a personality, unique characteristics. Every time you join a team, school, or church you are making a cross-cultural adjustment! Your personal identity also adjusts. Additions/subtractions cause change

(B.家庭、教會、學校是有獨特人格特色的地方。每一次當你加入一個團體、學校或教會你都是需要有跨文化的調整。你個體的認知也需要調整，或多或少會造成改變。)

C. Families define culture

(C.家庭定義文化)

D. Families can be described as systems-Interdependent and inter-connected

Defined by individual personalities in the group and how they interact.

Family Systems model developed with AA and Alanon-Jim Piersak

(D.家庭可以像是一個系統獨立而且互相有連結的，其定義是在靠團體中個別的人格定義而且會互相影響。家庭系統發展模式是AA和Alanon-Jim Piersak)

E. Mobile Model (細胞模式)

Families find a balance together and any changes in the family requires an adjustment to find a new balance (Defines **Normal and Familiar**)

I Cor 12:26 If one part suffers, every part suffers with it...

(家庭在一起時發現了一個平衡，而且任何家裡面的改變需要調整會再發現一個新的平衡(定義它的正常與相似性)，哥林多前書12:26若一個肢體受苦、所有的肢體就一同受苦)

II. See Leaving, Cleaving, Becoming material (II 看見離開、固守、變得有形重要的)

III. Family Map Diagram (See Family Map Diagram)(III 家庭基因圖表(看家庭的基因圖表))

A. Three major characteristics-closeness, flexibility, communication style

(A. 三個主要的個性-相似性、彈性、溝通型態)

Every marriage is a cross-cultural marriage! (每一個婚姻都是跨文化的婚姻)

Terms have cultural interpretations-Headship, Discipline.(這文化間的關係表明了-領袖、紀律)

B. Locate the following: (標列出下列要點：)

Your Family of Origin (你家的原生家庭)

Your Partner's Family of Origin (你父母親的原生家庭)

Your current Family (你現在的家庭)

Your desired Family (你理想的家庭)

C. Discuss (討論)

What was it like growing up in that home? Strengths/weaknesses, blessings,

(請述說在那個家庭中過去成長樣子？優點、缺點，祝福)

What was the impact upon you? View of family, values, woundings, bondages

(請述說對你的衝擊為何? 家庭的觀點、價值、感傷、限制)

How has this affected your current relationships?

(那如何影響你現在的人際關係?)

What are the identifiable differences between you and your partner?

(對你與你的伴侶而言什麼是明顯的差異?)

What is it like in your current system?

(請述說你的目前系統的狀況?)

What would you like changed in your Family of Origin and your current family?

(請述說你是否想改變你的原生家庭圖和你的現行家庭?)

IV. Four Role Models for marriages (在婚姻中的四種模式圖)

A. Traditional Model (傳統模式)

B. Egalitarian Model (平等主義模式)

C. Mutually Submitted Model (互相順服模式)

D. Blended Model (混合模式)

Discuss: (討論)

Which model best describes your family/marriage?

(哪一種模式最能描述你的家庭/婚姻?)

What would you like changed?

(你想要改變成什麼?)

V. Family Rules (Principles, values, expectations, customs)

(家庭規則(原則、價值觀、期待、風俗))

A. Three rules of dysfunctional families (不正常家庭的三個規則)

1. Don't talk-denial, avoidance, example of elephant

(不討論、逃避像大象一樣)

2. Don't feel-Wrong to be angry, to cry, to be weak

(不去感受-覺得生氣、哭、軟弱是不對的。)

3. Don't trust-suspicious, conspiracy, outsiders

(不信任-懷疑、謀叛、局外人)

B. Examples (Communication rules) (範例(溝通規則))

How you resolve conflict, How you celebrate special events.

(你如何解決衝突, 你如何慶祝特別的事件)

Respectful (尊重的), Short accounts (簡短的描述), Vulnerable, (易受傷的)

Dad's word was law (父親的話像律法), Seen not heard, (從未聽說)

Express your opinion (表達你的意見), Speak what's on our mind (說出自己

腦袋中的想法) (Wife-don't raise voice, Husband-purple face!) (太太-不可提高音量, 丈夫-

慘澹的臉色) Don't admit weaknesses (不要承認自己的軟弱), Don't talk about sensitive issues

(不要討論太敏感的話題), Don't hug (不擁抱) Saturday-laundry & clean house (星期六-

洗衣, 清理房子), Sunday-naps (星期天, 小睡一會)

*Discuss-What were the rules in your family?

(討論-什麼是你家的家規?)

V. Socialization Issues in family systems (社會化家庭議題)

Developing intimacy (發展親密關係)

Experiencing parenting-nurturance (體驗教養-撫育)

Love and acceptance based on intrinsic value (愛和接納跟基於自有的價值觀)

Formation of values, language, customs (價值觀、語言、習俗的行程)

Discovering identity and meaning (發現本質及意義)

VI. Family system issues (家庭系統議題)

Birth order (生長順序) Closeness (親密) Flexibility (彈性)

Communication Patterns (溝通模式) Family Rules (Traditions)傳統家庭規則

Family Traumas/moves/events (家庭的傷口/搬遷/事件) Family Roles (家庭角色)

Triangles (三角) Coalitions連結 (Jealousy嫉妒, Rivalry對抗, Favoritism偏袒)

Conflictual Relationships/Cutoffs (衝突關係與切斷)

Secrets秘密-Things, events, or people that are “off limits” to family discussion or outsiders (那些是限制你家人或者是局外人討論的東西、事情或者是人)

Shame羞恥-The pervasive sense that “I am defective, inadequate, and worthless as a person.” (會讓人普遍感受到「我不是完美的、不夠格的和沒有價值的人。」)

Religious shame (宗教上的羞恥)

External(外在的)-A comment or look of superiority, a set of shoulds or should not

(一種議論或者是看起來很高尚的一堆應該與不應該)

Internal (內在的) -An inner voice that says you are a bad person

(一種內在的聲音，告訴妳是一個壞人)

VII. Questions (問題)

1. Have you been adequately “socialized by your family of origin?”

你是否已經透過你的原生家庭適應現代社會的生活?

2. Were your needs for intimacy, nurturance, & meaning met through your F. of Origin?

你是否透過你的原生家庭去找尋你親密、撫育及意義的需求?

3. In what ways do these needs affect your current relationship building skills?

那哪方面需要建立技巧去影響你現有的人際關係?

4. Define your “primary relationships” at the present time.

定義出你現在主要的人際關係。

5. Do the patterns in your relationships indicate any unresolved previous “focus”?

在你的人際關係圖表中，是否有指出你任何以前沒有解決的焦點?

6. Are there any former relationships that have not been properly ended?

在你過去的人際關係中是否有任何沒有適當了結的呢?

VIII. Freedom comes from knowing the truth (VIII自由是透過對真理的瞭解)

John 8:31-32 ... you will know the truth... truth...will set you free (Word of God)

約翰福音8:31:32

「耶穌對信他的猶太人說、你們若常常遵守我的道、就真是我的門徒。你們必曉得真理、

真理必叫你們得以自由。」

John 17:17...thy word is truth

約翰福音17:17

「求你用真理使他們成聖·你的道就是真理。」

John 14:6 I am the...Truth. (Son of God),

約翰福音14:6

「耶穌說、我就是道路、真理、生命·若不藉我、沒有人能到父那裏去。」

John 1:17...grace and truth came by J.C.)

約翰福音1:17

「律法本是藉摩西傳的、恩典和真理、都是由耶穌基督來的。」

Revelation 19:11...called Faithful and True.

啟示錄19:11

「我觀看、見天開了·有一匹白馬、騎在馬上的、稱為誠信真實·他審判爭戰都按公義」

John 16:13 Spirit of Truth...will guide you into all truth. (Spirit of God),

約翰福音16:13

「只等真理的聖靈來了、他要引導你們明白〔原文作進入〕一切的真理·因為他不是憑自己說的、乃是把他所聽見的都說出來·並要把將來的事告訴你們。」

John (約翰福音) 14:17, John (約翰福音) 15:26, I John (約翰一書) 4:6, I John (約翰一書) 5:6...the Spirit of truth (真理的靈)

I Tim 3:15...the church...the pillar and foundation of the truth. (Church of God)

提摩太前書3:15

「倘若我延日久、你也可以知道在神的家中當怎樣行·這家就是永生神的教會、真理的柱石和根基。」

Romans 3:4...let God be true (Character of God)

羅馬書3:4

「斷乎不能·不如說、神是真實的、人都是虛謊的·如經上所記、『你責備人的時候、顯為公義·被人議論的時候、可以得勝。』」