

Understanding Your Family Heritage 了解你的家庭遺傳

I. Introduction 序

Your family heritage has a profound impact upon your personal life and upon your understanding of healthy family life. Your family of origin often sets the standard by which you determine what is normal and familiar. Families are the definers of culture. Every marriage is a cross-cultural marriage, in spite of the fact, that you and your partner may speak the same language and may have grown up in the same community.

你的家庭遺傳在你個人生命和你對健康家庭生活的認知有深遠的影響。你從你的原生家庭通常設立的標準來衡量什麼是正常和常見的。家庭是文化的定義者。即使你和你的伴侶可說相同的語言且在同一個社區社會長大，每一個婚姻都還是跨文化婚姻。

Each family has its own personality and unique characteristics. The personality and characteristics of a family is strongly affected by the combination of two major factors: The level of closeness in the family and the amount of family flexibility. The Family Type diagram is a visual tool to help you better understand your family heritage and the impact it has had on your life.

每一個家庭有它獨特的性格和特徵。一個家庭的性格和特徵受到此兩個主要因素的混合的強烈影響：家庭中親密的程度和家庭的彈性度。家庭模式表是一個能幫助你更多了解你的家庭遺傳和它已在你生命中造成的影響的視覺工具

II. The Family Type Diagram 家庭模式表

The Family Type diagram identifies five levels of family closeness ranging from “Extremely Distant” families in the left-hand column to “Extremely Close” families in the right-hand column. It also identifies five levels of family flexibility, ranging from “Extremely Flexible” in the top row to “Extremely Inflexible” in the bottom row. 家庭模式表表示五種家庭親密的程度，範圍從左手邊欄“極端有距離”家庭到右手邊欄“極端親密”家庭。這圖表也表示五種家庭彈性的程度，範圍從上邊列“極端有彈性”到下邊列“極端無彈性”。

These family types can be visualized by the symbols associated with each row and each column. The symbols at the top of each column depict a family circle with its associated family members. Family members in the column on the left do not “touch” the family circle or one another. They are a disconnected family. Family members in the right-hand column are enmeshed with each other. Families in between are a balance between these two extremes. 這些家庭模式可以用各列各欄的象徵記號來代表。在各欄上方的記號描繪出一個家庭圓形和其中的家庭成員。在左邊欄的家庭成員不“碰觸”家庭圓圈或彼此。這些是沒有連繫的家庭。在右邊欄的家庭成員彼此纏在一起。介於這兩個極端之間的家庭是平衡於兩點的。

To the right of each row there are five symbols to help us visualize family flexibility: a mountain range, a road, a river, a sea, and a tornado. The mountain range depicts a family that is extremely inflexible. Mountains rarely change. They remain the same under almost all circumstances. The road depicts increased family flexibility but within certain limits. The river depicts additional flexibility while the sea depicts even more family flexibility. Finally, the tornado depicts families that are chaotic and out of control. These are the families that experience too much change and do not have adequate structure in place.

在每列的右邊有五個記號來幫助我們將家庭的靈活適應性視覺化：山脈，一條路，一條河，海洋，和龍捲風。山脈描繪出一個極端不彈性的家庭。山極少改變。幾乎在任何環境底下都是維持一樣的。路描繪出有增加但有特定限制的家庭彈性度。河描繪出更多的彈性而海則描繪出甚至更多的靈活彈性度。最後，龍捲風描繪混亂的且失去控制的。這是經歷太多的改變卻沒有適當的架構的家庭。

III. Family Heritage Exercise 家庭遺傳的練習

A. Locate the following on the Family Type diagram:

將以下幾點標示在家庭模式表

Your Family of Origin.

你的原生家庭

Your partner's Family of Origin.

你的伴侶的原生家庭

Your current family.

你的現有家庭

Your desired family location. (Where you would like your family to be).

你期望的家庭位置（你希望你的家庭所在的位置）

B. Discuss the following with your partner/family members.

和你的伴侶/家庭成員討論以下幾點

What was it like growing up in your family of origin?

在你的原生家庭如何長大的？

What were the strengths and weaknesses?

有哪些長處和短處？

What were the blessings and frustrations?

有哪些帶來祝福和挫折？

What impact did your Family of Origin have upon you?

你的原生家庭有帶給你哪些影響衝擊？

How did it affect your view of family?

那些如何影響你對家庭的看法？

What values did you embrace?

你接受哪些價值觀？

What woundings/bondages did you experience?

你經歷過哪些傷感情的事/束縛？

What are the differences between your heritage and that of your partner?

在你身上的遺傳和你父母身上的遺傳有哪些不同？

Describe the strengths and weaknesses of your current family.

描述你現有家庭的長處和短處

What changes would you want to make in your current family system?

你想在你的現有家庭體制中做什麼改變？

What do you want to preserve from your heritage?

哪些遺傳是你想保留的？

What do you want to leave behind from your heritage?

哪些遺傳是你想丟棄的？

C. Thank God for the heritage you received and extend forgiveness to your parents for any wounds you may have experienced in your childhood.

為了你所收到的遺傳感謝神也對你父母在你孩童時期帶來的任何傷感的經歷給予原諒

D. Ask God to help you to pass on a godly heritage to your own children.

請求神來幫助你將屬靈的遺傳傳給你的子女