



Wk. 3 Practice: Generational Dynamics

Read Leviticus 19:18 and consider the relational dynamics of your family. God has always called His people to dwell together in unity (Psalm 133:1) and set an example of loving community to the rest of the world. Did your family set a good example for you when it comes to dealing with conflict, or was it dealt with in an unhealthy way?

Step 1:

- How was confrontation modelled for you growing up?
 - Was it handled by:
 1. Avoiding - not dealing with it
 2. Competing - someone trying to defeat someone else
 3. Accommodating - giving into the wishes or demands of another person
 4. Collaborating - letting everyone share grievances and suggest solutions
 5. Compromising - everyone gives up *some* of what they want so that everyone gets *some* of what they want
 - What have you accepted (called normal), ignored (chosen not to pay attention to), adopted (took up in my own life), or rejected (lived in defiance of) this way of thinking?

<p><u>How do I deal with conflict?</u></p>	<p><u>How my family dealt with conflict?</u></p>
<p>What have I accepted, ignored, adopted, or rejected about how my family deals with confrontation?</p>	



Step 2:

- Mark your genogram to reflect any broken relational dynamics in your family
 - Use the icons below to indicate how family members relate to one another
 - Feel free to create your own icons if you don't see one that you need

Examples of connection lines:

______ strained relationship

___| |___ disconnected

----- emotionally distant

---e-----> emotional abuse

---x-----> physical abuse

---s-----> sexual abuse