

PARTE III: Patrones Relacionales (English)

📅 Fecha @July 20, 2022

REVIEW EMOTIONALLY HEALTHY COMMUNITY

- **Be Prepared**
- **Speak for yourself**
- **Respect others**
- **Do not try to fix, save or correct other people**
- **Don't make assumptions**
- **Trust and learn from silence**
- **Maintain confidentiality**
- **Consistency**
- **Get out of your comfort zone**

PREGUNTAS SOBRE LA PRACTICA DE LA SEMANA PASADA

- Is there someone who had not done the genogram who was able to do it last week?
- What was one idea, event, or pattern from your family of origin that was surprising or new to you? If nothing caught your eye, share the event or pattern from your family of origin that you think has had the most impact on your life to date.
- Is there a “victory” from this week that someone got from doing the practice that you would like to cheer on the whole group with?
- How do you think it helps us to say these statements from the Bible on a daily basis?

LEA ESTE RESUMEN

Going back isn't always easy.

As many of you have discovered, identifying generational sin and brokenness is not a task for the faint of heart. But the ultimate goal is to develop a framework of your life that will help you identify where you come from, so that you can better understand who you are, and where you're going.

As we press further into our past we will discover that there are not only sins, but also patterns in our family of origin that have had great influence and power over our lives. Patterns, by their very definition, are repetitious and for that reason many of these patterns have served as platforms upon which we've built our lives. But if our foundation is cracked, our whole house is in danger.

In week two of our Practice we will focus on identifying *relational* patterns from our family of origin and how those patterns have impacted our ability to relate to others, and to God. After all, *how you relate is how you relate*.

We'll focus on identifying relational patterns like, separation, divorce, remarriage, abandonment, adoption, emotional unavailability, etc., and then start to identify more subtle and covert relational patterns we have learned in our family of origin or early years that continue to shape the way we relate to others and God today.

Please don't let this practice scare you. Trust the Holy Spirit to help you with the task ahead and lean on your Community for emotional support.

LEEAN A LA BIBLIA JUNTOS

We were created as emotional beings and as we press into things from our past we are bound to experience a range of emotions. With that, it's important for us to remember that God has gone there before us and is able to meet us in those places.

Psalm 139v13-18

1. As you read this Psalm, what phrase stands out or is comforting to you and why?
2. How does this Psalm help you to feel more loved and valued by God?
3. How does the fact that God knows you intimately affect you, specifically as you look at your past?

PRÁCTICA DE LA SEMANA

Nota:

- **This week's exercises are going to take between 1-2 hours and may require you to connect with some members of your family.**
- **Although this is week three, in the genogram guide they will appear under week two.**

Here's the Practice for the coming week:

EXERCISE 1: RELATIONAL PATTERNS

- Pull out your Genogram Workbook from last week. Settle into a comfortable, quiet place, and put away any other distractions.
- Invite the Holy Spirit to lead and guide your mind and heart, and give your peace through this exercise.
- Review your genogram, then turn to pg. 6 and fill in the following relational patterns using the key provided.
 - Separation, divorce, remarriage, abandonment, adoption, relational enmeshment, codependency, emotional unavailability, sexual relationships, living together, sexism, cutoffs, cutoffs repaired, closeness distant relationships, sexual abuse, physical abuse, or emotional abuse.
- Take a few minutes and identify and write down any relational patterns you've discovered. Listed below are a few examples of what to look for:
 - Patterns of births, deaths, natural crisis
 - Patterns of closeness and distance
 - Patterns of emotional availability, codependency, and depth
 - Patterns of emotional cut-offs or enmeshment
 - Patterns of dominance or submission

- At this point be mindful about the emotions you are feeling. Invite and allow the Holy Spirit to help you identify and process these emotions.
- Journal: Take a few minutes to write how doing this exercise has emotionally impacted you.
- Pray: ask God to comfort you, protect you, and continue to help you make connections between your past and present.

EXERCISE 2: WAYS OF ATTACHMENT

- Read through each of the listed attachment styles on page 7.
- Take a few minutes and pray. Ask the Holy Spirit to help lead you as you review the attachment styles listed.
- Check the box that you feel applies to and describes your relational default.
 - Please note these are not *prescriptive*. Do your best to identify the style that best fits you.
- If you're married or dating seriously, talk through your findings with your spouse or significant other.

EXERCISE 3: EVIL FOR GOOD

- Locate the third box of week 2 in your Genogram Workbook on page 7, read and respond to the following question: What evil things in your life and family history has God used for good? And how?
- Answering and thinking through this question should foster a spirit of gratitude. Take a minute or two to thank God for his ability to heal, transform and deliver.
- If you want, re-read the story of Joseph from the end of Genesis. Meditate on Genesis 50v19-21. Look for parallels to your own story.

Note: Remember that this practice is in the genogram guide under week two.

CONCLUSION

As we said last week, this is one of the most difficult practices because it is emotionally charged. The goal IS NOT to finish the practice and move on to the next thing. **The goal is to deal with our past in order to move forward into the future.**

And remember these three recommendations.

1. **Take the time to do this:** You don't have to do everything, just what you feel capable of doing.
2. **Commit to yourself:** We recommend that you do this practice during your quiet and still time. But no matter when you do it, make the commitment that you are going to do it.
3. **Get Support from your facilitator:** This is a way NOT TO DO IT ALONE. Lean on your facilitator at any time, for this God has placed these people in our lives. This is a practice to do in community.