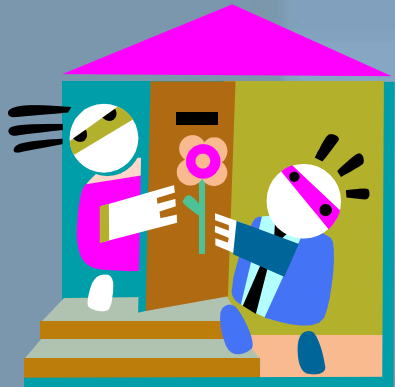


# Unconditional Love

I try to use unconditional love in small amounts, she said, so people really appreciate it. The rest of the time I just try not to yell.



Brian Andreas

# Chemical Dependency and the Family

Management Crisis, Engendering Hope

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# Intimate Relationship

A developmental bond  
created by individuals  
possessing the necessary  
level of shared commitment  
to allow for sacred trust.

# Family Rules

A mixture of guidelines, ideals, expectations and standards for acceptable behaviors within the family system

# Family

A traditional, nontraditional  
extended, or elected group  
sharing an enduring  
emotional involvement

# Family Disease

“It is not a matter of my plate being full... my plate is broken and stuff is falling all over the floor”

Wendy Blackburn

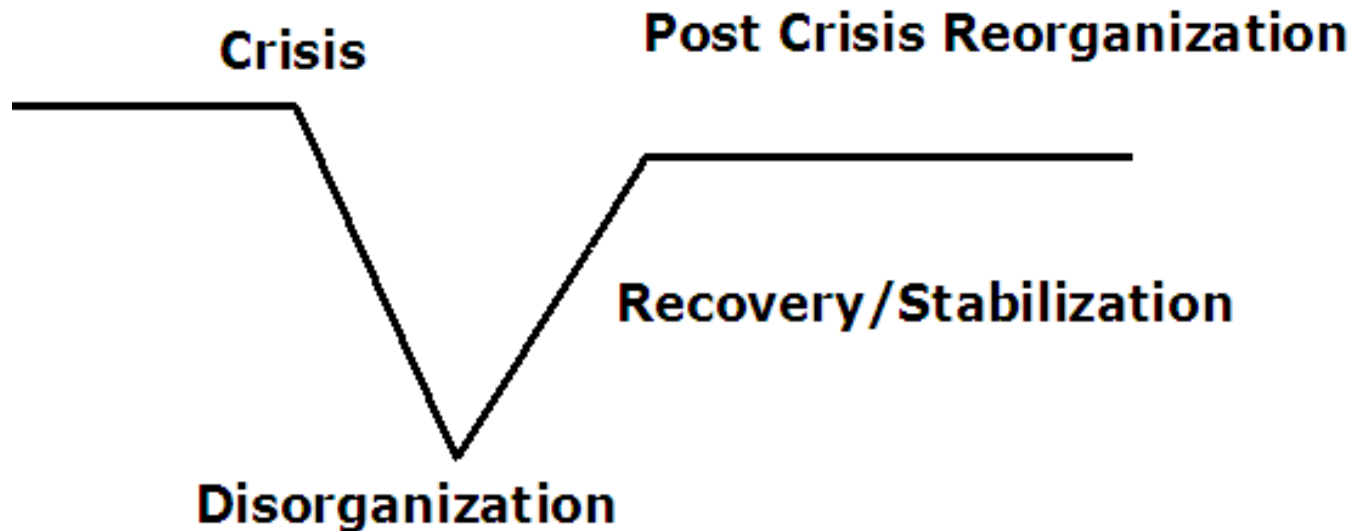
# Hallmarks of Family System Dysfunction

- Limited, unproductive communication
- Disingenuous feelings expressed
- Hostility
- Polarization/self-preservation
- Unrealistic ideals become paramount
- Lack of trust/safety

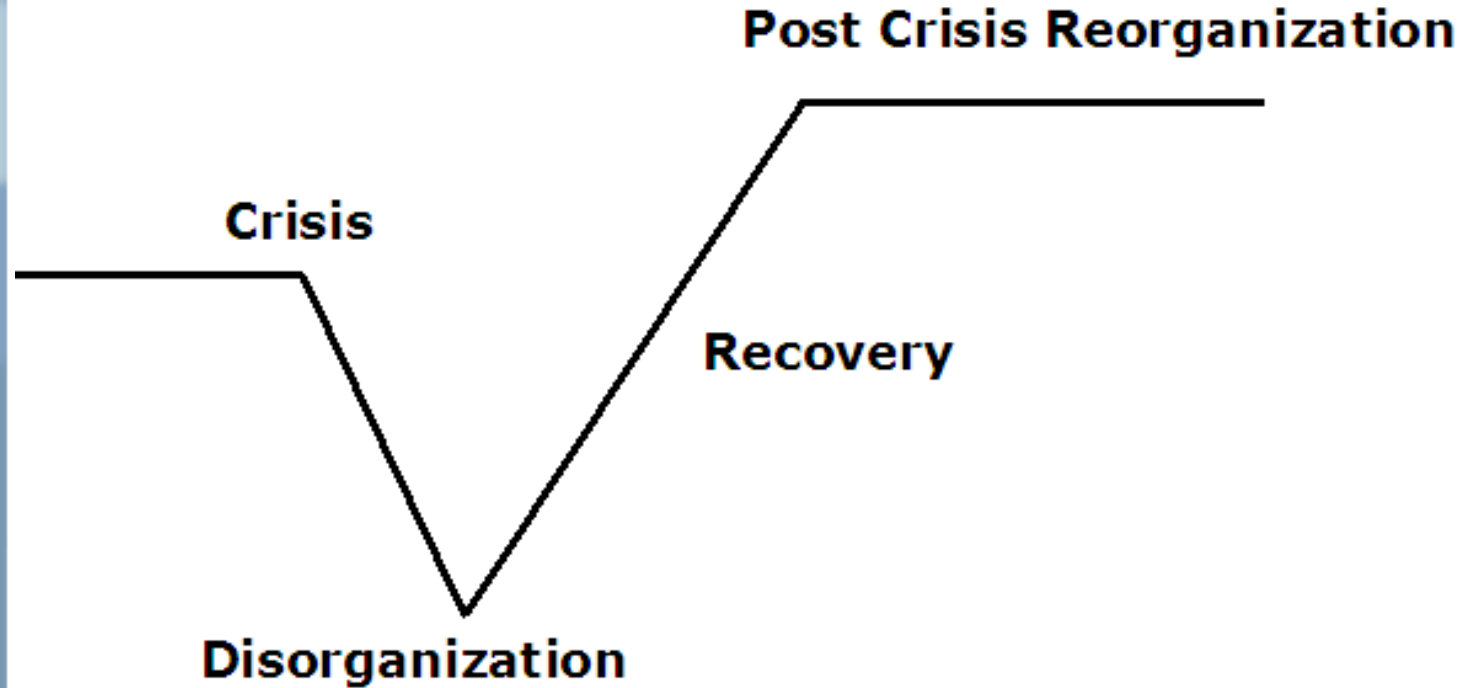
# Hallmarks of Family System Dysfunction

- False loyalty
- Conflicts left unresolved
- Unclear/unrealistic boundaries
- Lack of intimacy
- Change is unacceptable/not permitted
- Sense of family does not exist

# Crisis Structure: Unhealthy System



# Crisis Structure: Healthy System



# Coping Skills, Strategies and Attributes

- Ability to identify stressors
- Ability to address crisis as a system
- Focus on solutions rather than blame
- Maintain tolerance of other family members
- Expressions of commitment to the system is clear
- Expressions of affection toward others is clear

# Coping Skills, Strategies and Attributes

- Communication is direct
- Significant system cohesiveness
- Family roles flexible
- Open to and accessing appropriate resources
- A sense of family is evident

"Sometimes, if you stand on the bottom rail of a bridge and lean over to watch the river slipping slowly away beneath you, you will suddenly know everything there is to be known."

Pooh

