



What is Your Family Table?

Overview

Your family table is one that you cannot initially choose. You are born into the family dynamics you are born into without your permission, so you must adapt to an environment that may not be conducive to success initially. However, you can chart a different path as an adult. This does not always mean that you must abandon family. It just means that if you grew up in a toxic environment, for example, and you no longer want to tolerate toxicity, then deciding the family bond is no longer sustainable might be a hard decision to make. Preservation of self is key.

If you have not healed from a toxic family dynamic, you will bring that type of thinking into a marriage or long-term romantic relationship. You will bring how your mother dealt with your father and how your father dealt with your mother into your current relationship. It is inevitable. You will try to make something work that is not supposed to work because trying to force something is what has been modeled to you within the family system. You will either abandon or continue to reinforce those ideals. Consider the following research opportunity as you work through your family table. Conduct a Google search of the terms.

Research authoritative parenting style.

Research authoritarian parenting style.

Research permissive parenting style.

Research uninvolved parenting style.
