

TEN RULES OF DYSFUNCTIONAL FAMILIES

- Don't Feel or talk about feelings.
- Don't Think.
- Don't Identify, talk about or solve problems.
- Don't Be who you are –be good, right, strong and perfect.
- Don't Have fun, or be silly or enjoy life.
- Don't Trust other people or yourself.
- Don't Be vulnerable.
- Don't Be direct.
- Don't Get close to people.
- Don't Grow, change, or in any way rock this family's boat.

THREE BELIEFS OF CHILDREN OF DYSFUNCTIONAL FAMILIES

- I'm not lovable.
- I don't deserve good things.
- I'll never succeed.