

The Infidelity Recovery Institute

First Monologue: Family-of-Origin Conflict Resolution Practices

How did your family of origin resolve differences? What rules did they use and require of the children? Following are some common rules/practices:

- Some families run away from anger entirely, lest they say something they later will regret.
- Some family members can be verbal with anger; others can physically hit people or things.
- Some members are allowed to knock holes in walls or slam doors.
- Some families have different rules for the males and females in the family.
- Some families "select" one person to be angry all the time—to express the anger for everyone else in the family.
- Some families see anger as sin and don't tolerate differences of any kind.
- Some families say in effect, "Smile; pretend like it doesn't bother you."
- Some families act like conflict doesn't bother them but retaliate when the other least expects it.

What were the primary rules about anger and conflict in your family of origin?

What role did you play in the family interaction?

What role did each of your parents play?

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What role did each of your siblings play?

Who had the most power in your family?

How did that person maintain it?

Is this still true today? Why or why not?

How do you think this has influenced you today?

Is the influence the same at home as it is at work (outside the house)?

Are you practicing the same pattern with your family, your spouse, your children?

If you could change your present pattern, what would you like to change?

Did you ever wish it was different when you were a small child in the family?
