

# Generational Issues

## The Lies We Inherit

Don't Talk - Nothing is to be spoken about deep emotions

Don't Trust - Won't ask for help or tell the truth about the family to anyone outside the family. Fear of open communication not allowed. Deep fear of change. Anything new or different is smothered which prevents growth.

Don't Feel - You must be happy all the time. Positive emotions are only allowed. Problem: We don't need help with positive we need help with the pain, anger etc. We need acceptance and love for healing. This rule keeps us from healing.

Don't Be Selfish – Not allowed to set boundaries for yourself. You honor this vessel of your mind and body by healthy boundaries. You can't ask for what you need and want. Only one can have that in the family and no one else. It is ok to ask for what you need.

Avoid Conflict At All Cost – Makes Healthy confrontation impossible. Can't work things out. Not on equal terms.

Make Everyone Happy – Impossible for boundaries to be in place. Impossible for self identity.

Avoid Pain At All Cost – Fear of pain is taught in families and church. Pain is our friend. The true motivator for growth.