



—LENS—

## Family Systems

*Understanding the roles and dynamics that shaped who you are today.*

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Family systems can have a lasting impact on our lives. Understanding the roles we played within our families and the expectations placed upon us can provide valuable insights into our present selves and relationships.

Reflect on the following questions with curiosity and self-compassion. There are no right or wrong answers.

### Family roles and expectations

*Reflect on the role you played within your family system.*

- What role did you play within your family, and how has it influenced you?
- What expectations were placed on you within your family?
- How have these roles and expectations affected your behaviour, both positively and negatively?

### Behaviours and attention in the family system

- Reflect on the behaviours you exhibited in moments of family crisis or achievement.
- How did you seek attention within your family?
- What behaviours were normalised in your family but are now questioned?

### Positive and negative aspects to continue or change

- Identify positive aspects from your family system that you wish to continue in your life.
- Reflect on aspects that you believe need to change in your family system's narrative.
- How has your upbringing influenced your desire to have or not have children of your own?

### Rewriting your story and self-soothing

*Consider whether parts of your family story need to be rewritten to promote healing.*

- Are there parts of your family story that need to be rewritten in your mind?
- How can you find empowerment and positivity in the challenges you have overcome?
- Reflect on your ability to self-soothe when faced with adversity.



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### Exploring your healing narrative

*Use your lenses to explore stories from your past that require healing.*

- What stories from your past require healing?
- Create a healing narrative for these difficult times.
- How can you soothe yourself in moments of pain and discomfort?

*“Your family shaped the story you were given.”*

*“But the story you live is yours to write.”*

*“With understanding and compassion, the patterns of the past become stepping stones towards the person you choose to be.”*