

Session **12**

Mapping Your Family Dynamics

Summary of the Video:

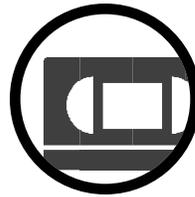
In this session the Network Factor is described, a tool used to change the way families interact. All relationships have predictable patterns. Some are helpful and others are not. Parents are taught to look closely at the patterns in their family and encouraged to target the relationships that need more honor. Triangling happens in relationships when two people in conflict draw another one into the fray. Triangling happens more than many parents realize. Using the Network Factor, parents learn to identify negative relating patterns and replace them with honoring ones.

Read Along in the Book: "Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids"

Pages 65-88 discuss the Network Factor and apply it to family life. You will learn how to pinpoint the dishonoring patterns in relationships and know where to challenge your family to develop honor.

Suggested Introduction:

It's often the little things that make all the difference. In fact, sometimes we don't even recognize the importance of the small things we do or say. In this session Dr. Turansky and Mrs. Miller challenge us to look at the hidden cues we give to each other that are honoring and dishonoring. Then they give us ideas about how to change dishonoring patterns in family life.



**Show the
Session #12 video**

Suggested Transition:

As you share in small groups, be sure to take time to talk about some of the insights you thought about in your own family as you watched the video. Sharing those insights is helpful for others to connect as well.

Goal of the Discussion:

To help parents recognize the Network Factor in their own families and know how to use it to bring about more honor in their relationships.



**Give 30-35 minutes for
group discussion and
prayer, then encourage
everyone to come
back together**

Suggested Conclusion:

As we conclude this time let's pause for a moment and jot down one thing that we are taking away from this session. Jot down one area that you appreciated or plan to work on this week. (If time allows, encourage a few people to share what they wrote.)

Mapping Your Family Dynamics

Examples of the Network Factor

Diagram your family on the back of this handout or on a separate paper. Draw a circle for each family member and then connect the circles to represent the different relationships. Mark the relationships that need more honor.

THE NETWORK FACTOR

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The combination of relating habits that dictate what's expected in family interaction

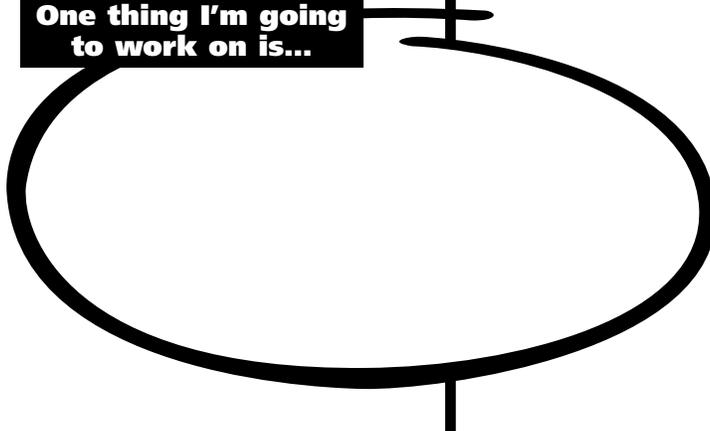
Three steps for changing the Network Factor in your family:

- 1 Identify the patterns

- 2 Apply Honor to the Situation
 - Treating people as special
 - Doing more than what's expected
 - Having a good attitude

- 3 Have a Parenting/Child Evaluation Meeting

One thing I'm going to work on is...



Dealing with triangles...

“ *The Network Factor is so powerful. If you can learn to understand this and use it as a tool, you will identify the dishonoring patterns that exist. You are part of some of that. If you can learn how to make those changes in yourself first, then your children will have to change. That's one of the benefits of the Network Factor. We are locked together in a network. It's hard sometimes to make changes because other people sometimes keep us in those patterns. We need to pull ourselves out and make the changes necessary so that we can adjust what's going on in family life. It's all part of what honor is. If we can identify the patterns, then we can make the changes needed to make our family honoring.* **”**

Mapping Your Family Dynamics

- What did you learn from the diagram you drew of your family?
- Billy, age 9, argues with his mom whenever he receives an instruction. Mom doesn't like the arguing but finds herself caught up in it. How might you advise her to change their relating pattern?
- How can you help children see the dishonoring relating patterns so that they can work to change them?
- List several examples of ways that families find themselves in triangles, both helpful and unhelpful.
- Mom, not realizing that Dad asked Jimmy to rake the leaves, tells Jimmy to unload the groceries. How might you help Jimmy know what to do in this situation?
- If Sarah's two friends are having a hard time getting along and she's being drawn in, how might you help her triangle in successfully?