

# Going Back to Go Forward: Part 2

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## I. Introduction

### A. Family Impact on Our Capacity for Loving Well

### B. Safety

## II. The 10 Commandments of Your Family of Origin (see worksheet)

### Small Group Questions:

- What new learnings came to you from this exercise?
- What specific commandments impacted you?
- In light of your family, what work might be before you?

## III. Families that Go Back to Go Forward

### A. Created for Attachment (Genesis 1-2)

1. “**Attach**” -physical closeness, emotionally safe, secure base
  
2. “**Attune**” – verbal and nonverbal

### B. The Fall (Gen.3)

1. **No Perfect Childhoods, No Perfect Parents**

### C. Created for Change

1. **The Fourth “R” – Reflection**

## **2. Practices for Integrating Your Past**

*Parenting from the Inside Out*, Dan Siegel and Mary Hartzell

- a. Awareness – mindful of your thoughts, feelings and bodily sensations and other's non-verbal signals.
- b. Attunement- align your state of mind with that of another
- c. Empathy – open your thoughts and feelings to sense another's experience
- d. Expression – make the internal external
- e. Joining – share openly in give and take of communication
- f. Clarification – help make sense of the experience of another
- g. Respect –the dignity and separateness of each individual.