

**An Introduction to Family Systems Theory**  
Adult Formation: In Relationship  
St. Michael's Episcopal Church, Barrington, IL  
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**Journaling and Self Reflection: Looking at your Family Tree**

**In your family of origin**

1. Who controlled the money?

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2. Who controlled the calendar?

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3. Who was the disciplinarian?

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4. With whom did you spend the most time?

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**In your current family system:**

1. Who controls the money?

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2. Who controls the calendar?

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3. Who is the disciplinarian?

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4. With whom do you spend the most time?

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**How do you think your relationship with your family of origin affects:**

1. Your relationship with your parents, now that you are an adult?

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2. Your relationship with your siblings, now that you are all adults?

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3. Your current family?

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4. Your prayer life?

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**What patterns do you see here? (If any...)**

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Don't be surprised if you see these questions again through the unit.  
And don't be surprised if your answers change  
as you learn more about Bowen's Family Systems Theory