

Multigenerational Transmission Process and Society Emotional Process

Adult Formation: In Relationship
St. Michael's Episcopal Church, Barrington, IL
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Journaling and Self Reflection: Multigenerational Transmission Process and Society Emotional Process

1. What pieces of Family Systems Theory do you see happening in your family? And in society?

Look back at the key terms we learned throughout this unit.

2. Looking at you, your parents, their parents, is there something that you see re-occurring in each generation? This could be addiction, violence, conflict, mental or physical health issues, or even something like education level. How do you see it playing out in future generations of your family?

End of Unit reflection

1. What have you learned about yourself from this theory?

2. Based on what you have learned, how can you grow or improve yourself?

3. How can you grow or improve your relationship with your family, your friends, your neighbors, or even anonymous strangers?

4. How can you grow or improve your relationship with God, the Church, or even the role of prayer in your life?
