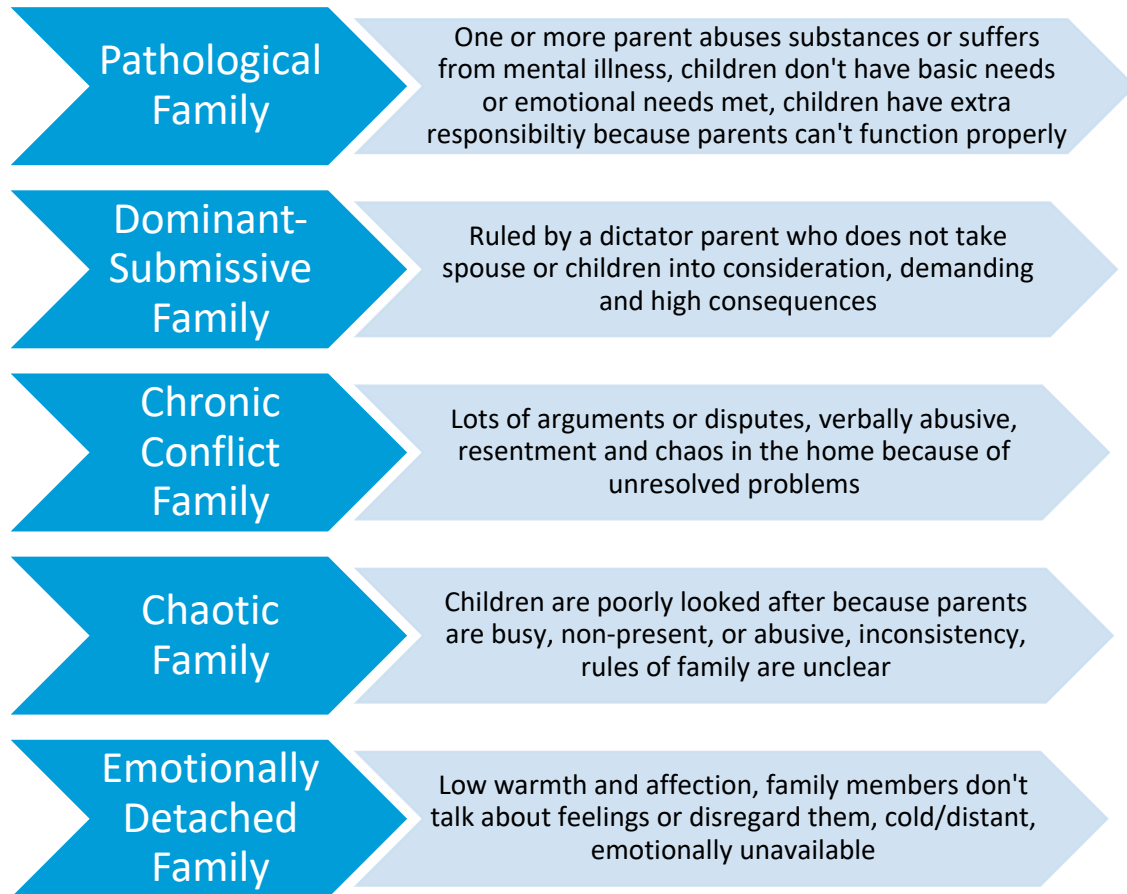


What is a dysfunctional family system?

High conflict or chaos, lack of structure or boundaries, indifference to the physical or emotional wellbeing of children or other family members

Abusive environments, substance use, poor parenting, chronic illness, mental illness, poor communication, etc. can negatively impact the functioning of a family system.

5 Types of Dysfunctional Families:



What is a healthy family system?

Family members nurture and support one another, family members are emotionally close with each other, there is a sense of wellbeing among all members

No family is "perfect". Every family has conflict, stress, pain, etc. In a healthy family, love, respect, trust, support, and communication can help get the family through those difficult times. Healthy families have a strong foundation to resolve problems that arise within the system or individual members.

**Family Systems:
The Roles We Play**

