



Our families are extensions of ourselves that we do not entirely choose. They shape us and create our image of self. Our families are typically our first relationships and provide us with our first experience in life at navigating the complexities of coexisting with others. Families are diverse in values, morals, behaviors, traditions, and goals. Our family structure becomes a strong determining factor of who we are as individuals. The two are interdependent. Our family functionality determines who we are, and vice versa, who we are determines our family functionality. At times it is difficult to delineate between where one begins and the other ends. However, if we can accept the aforementioned interdependency to be a fundamental principle, we can thereby appreciate the influence that family has on our ability to live well both as an individual, and as a member of a family unit.

Families represent the creation of a unit that can either work favorably or unfavorably in regards to the wellness of the individual. People live their entire lives living based on the limitations, expectations, and functionality of their family unit. It is obviously not surprising that when addressing the wellness of the individual, we first must examine and understand the family unit and the family experience. Let us begin.



Wellness Statement:
When I am at home I feel relaxed and tension free. My home is a place of inclusion and not isolation.

Home Sweet Home

Family doesn't always mean closeness or love. The term family has multiple meanings that are vastly different for everyone. How we collaborate and "get along" or "not get along" with the members of our family colors everyday of our life. We are living everyday with people that we may not even know or know more about than we even know what to do with. Our knowing of our family is partially dependent upon the frequency and intricacy of our interactions. Imagine going home today. Imagine the feelings associated with the thoughts of home right now. Are the feelings you have pleasant ones or are they feelings that are unpleasant? Does the feeling of being in your home make you "feel good" or "not so good?" Often times how we feel about being in our homes is dependent upon the quality of the relationships that exist within our home.



Wellness Statement: My heart is healed from past painful experiences.

Home Is Where The Heart Is

Home is where the heart is no matter what current condition the heart is in. Home is where you started and where the matters of our hearts first began. If you want to know what is at the core of your being you have to start with the early stages of where you started and where you began. The origin of who you are always has to be acknowledged and accepted to reach the personal growth and expansion that is necessary for wellness. The matters of our heart are often times engrained in our early life experiences within the home. During our early years of development we are exposed to a wide array of information, emotions, and behaviors that shape our mental and physical wellness.



Wellness Statement:
I acknowledge the matters of my heart and accept them as they are. I will grow and flourish as a result of what they have taught me.