

ADD to this. clean it up

My earliest memories of my mother was that she was beautiful, an attentive mother and wife. She was a stay at home mom and a housewife. She was young when she got married. She was 21 and mt father was 20. Both of my parents was born and grew up in Pleasant Hill, Alabama, my mother met father at a church revival. My mother often joked that you should never meet and date a man from church because he is devil. There was always something different about mother according her sisters, all of them was motivated to work at an early age. They realize that that wanted more in life than to pick cotton. My aunt seem to think that mother was lazy and didn't want to work. My father on the other hand new that work was the only way to get away from being poor. My went to visit his aunt in Ohio and he discovered a different outlook in life. He married my mother and move to Ohio. I think that's when the mental issues with my mother start appearing. Life in the beginning was good for the young married couple. My father stated that over time my mother changed at first he thought it was she was home sick, she cane from a big family and none of her close relatives was there with her for support. My father over the few years that they manage to stay married would have battles with my mother dealing with her mental health. My mother eventually would be diagnose with Schizophrenia. This mental illness was never discovered with any of my other aunts or uncles. My grandparents was fine and I vaguely remember my great grand mothers. I never met my great grand fathers.

I am an only child, so life with my mother was different compared to a lot of the children my age. I feel like I grew up fast, I skipped all over childhood and went straight to adulthood. My mother was good and appeared to be normal most times, but if she got her medicine or something just trigger her to be depressed it really affected me. I would have to walk on egg shells to keep her from being angry with me. She could be verbally and at physically abusive.

I often wondered what went wrong with mother that she had to suffer with this illness and later in life many illnesses led to her early death.

Emotionally, I was confused my mother was controlling she didn't want you to be friends with one other than her. When I graduated from high school I wanted to away to school she did not want me to go, I had all expense paid tuition, room and board. I feel bitter at times because I had the opportunity to do more in life and I didn't a chance. I was made with my father for abandoning me. He went on with his life and had another family. I felt like he just didn't care that I didn't get to experience the life he was providing for his new family. It took awhile but we are in a good place now.



adult and in your own interpersonal relationships. Identify qualities and strengths in your family of origin and how they have enriched your adult life.

The paper you submit should be 6 to 10 pages, double-spaced in 12 point Times Roman Type. I am especially interested in your reflections on how you understand yourself and your current relational patterns in light of the work that you have done on your family-of-origin study.

PLEASE NOTE: The research and reflection for this assignment – if done properly - is extremely time consuming. In order to complete this assignment satisfactorily you will need to begin your research on this paper during the first week of the course. The paper is due at the end of the 8-week term.

Submission Instructions

- Save this assignment as “fname_lname_family_of_origin.doc.” (i.e., john_smith_family_of_origin.doc).
- Access the *Assignments* link located on the Course Menu to upload the final document as an attachment to the *Family of Origin* drop box by the due date listed on the Course Schedule.

Please Follow

PY 555 Family of Origin Paper

Purpose

Your *Family of Origin* is the first structured social system with which you interact. By exploring the positive and challenging aspects of this first, and most enduring social system in your life, you will be able to better understand the foundation for later social relationships.

Objectives

1. The better understand the social feedback loops that have resulted in the foundation of social interaction
2. The gain a better understanding of your immediate genogram for at least three generations.

Preparation Instructions

1. Compose your *Family of Origin Paper* in Microsoft Word or a compatible word processing application.
2. The paper should be formatted and typed using Times New Roman, 12-point font, double-spaced, and one-inch margins (no exceptions).
3. The length of the paper should be six to ten pages in length (page number does not include the title page or references pages).
4. Use APA 6th edition formatting and use a minimum of 2 references.

Content Instructions

- A. Through the course of our lives we interact in many systems. However, it is the first relational system with which we interact - our *family of origin* - that has the most powerful and persistent influence on how we think and feel about ourselves and on how we interact with others. It is this system that has the most powerful impact, both positive and negative, on our future relationships. (Fredda Herz Brown) An individual acquires from his early-family experiences, or "family of origin," a set of explicit and implicit expectations, values, attitudes, and beliefs which serve as points of reference for the evaluation of all interpersonal life experiences. These interactions with the family of origin begin with the birth of an individual and continue to exert an influence throughout life. (Brian Canfield) Both of these quotes point to the influence of the family of origin on the individual. Understanding oneself, especially oneself within relationships, requires some understanding of the interpersonal dynamics of one's family of origin. Most families, however, with all their inadequacies, generally care for their members. To celebrate this reality, however, we need words that identify and validate family strengths as well as family limitations.

The text for this course presents a systemic orientation. After reading the text, please complete the following assignments: Apply the concepts from the texts, recommended readings, and the content of the course and **write a paper** reflecting upon your own **family of origin** - at least three generations. You may have to interview family members to get adequate information for this project. From a systemic perspective, identify problematic relationship patterns in your family of origin and how they have influenced you as an