

Instructions:  
10090 - NO Plagiarism  
- NO A.I.

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. (Freda 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 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