

Nuclear Family Emotional Process
Adult Formation: In Relationship
St. Michael's Episcopal Church, Barrington, IL
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Activity I: Nuclear Family Emotional Process

Diagram out the four types of Nuclear Family Emotional Processing.

1. Draw four different triangles. You can make fake labels for the people involved, too.
2. Using a triangle for each one, indicate what each of the four processes looks like. Use the relationship lines, if you want.
3. Write out at least three techniques that could make these triangles "healthier"

Once done, reflect on if any of these seem like common patterns to your family of origin and/or your current family.

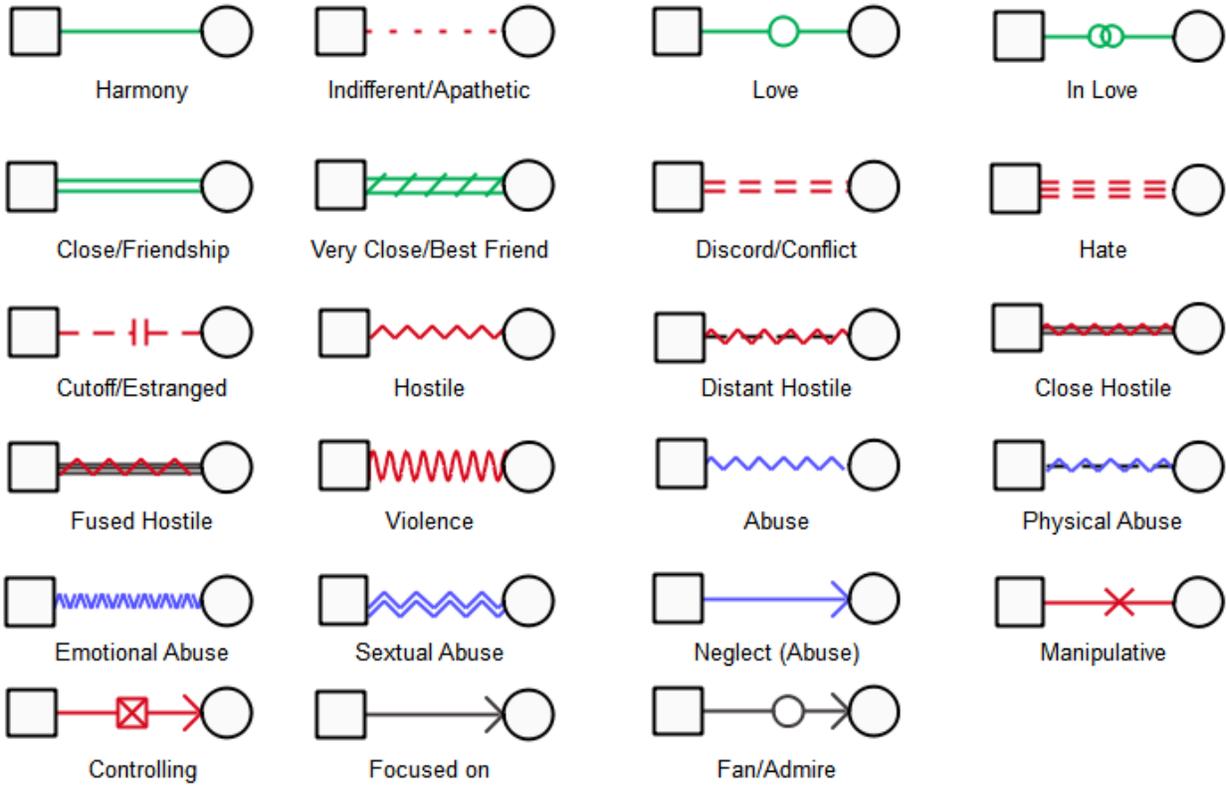
Activity II: Family Systems and Scripture

Using what you know so far about Family Systems, create a genogram and triangles for a story found in Scripture.

1. Read the story of Jacob and Rachel and Leah in Genesis 29:1-30.
2. Create a genogram of the known family members. Don't forget, Oldest to youngest, from left to right; and male is square, female is circle.
3. Add in spouses, maids, and any other characters.
4. Add Relationship Lines, especially between the main characters.
5. Now, looking at the following triangles, determine which ones are healthy and which ones are unhealthy:
 - Father-Rachel-Leah
 - Father-Rachel-Jacob
 - Father-Leah-Jacob
 - Jacob-Rachel-Leah
6. In each triangle, circle the person you think has the highest level of self-differentiation from that triangle. Draw a square around the person with the lowest level of self-differentiation.
7. List at least two ways each unhealthy triangle could be made healthier.

8. Next, look at the following relationships. Cross out (in red) the person who over functioned in each relationship and underline (in blue) the person who under functioned in each relationship.
 - Father-Rachel
 - Father-Leah
 - Father-Jacob
 - Rachel-Jacob
 - Leah-Jacob
 - Rachel-Leah
9. Indicate what made you think each person was either over or under functioning.
10. List two ways for each relationship that would allow these people to be more or less "functioning."

Relationship Lines



Genesis 29:1-30 (NRSV)

Jacob Meets and Marries Rachel and Leah

Then Jacob went on his journey, and came to the land of the people of the east. As he looked, he saw a well in the field and three flocks of sheep lying there beside it; for out of that well the flocks were watered. The stone on the well's mouth was large, and when all the flocks were gathered there, the shepherds would roll the stone from the mouth of the well, and water the sheep, and put the stone back in its place on the mouth of the well.

Jacob said to them, "My brothers, where do you come from?" They said, "We are from Haran." He said to them, "Do you know Laban son of Nahor?" They said, "We do." He said to them, "Is it well with him?" "Yes," they replied, "and here is his daughter Rachel, coming with the sheep." He said, "Look, it is still broad daylight; it is not time for the animals to be gathered together. Water the sheep, and go, pasture them." But they said, "We cannot until all the flocks are gathered together, and the stone is rolled from the mouth of the well; then we water the sheep."

While he was still speaking with them, Rachel came with her father's sheep; for she kept them. Now when Jacob saw Rachel, the daughter of his mother's brother Laban, and the sheep of his mother's brother Laban, Jacob went up and rolled the stone from the well's mouth, and watered the flock of his mother's brother Laban. Then Jacob kissed Rachel, and wept aloud. And Jacob told Rachel that he was her father's kinsman, and that he was Rebekah's son; and she ran and told her father.

When Laban heard the news about his sister's son Jacob, he ran to meet him; he embraced him and kissed him, and brought him to his house. Jacob told Laban all these things, and Laban said to him, "Surely you are my bone and my flesh!" And he stayed with him a month.

Then Laban said to Jacob, "Because you are my kinsman, should you therefore serve me for nothing? Tell me, what shall your wages be?" Now Laban had two daughters; the name of the elder was Leah, and the name of the younger was Rachel. Leah's eyes were lovely, and Rachel was graceful and beautiful. Jacob loved Rachel; so he said, "I will serve you seven years for your younger daughter Rachel." Laban said, "It is better that I give her to you than that I should give her to any other man; stay with me." So Jacob served seven years for Rachel, and they seemed to him but a few days because of the love he had for her.

Then Jacob said to Laban, "Give me my wife that I may go in to her, for my time is completed." So Laban gathered together all the people of the place, and made a feast. But in the evening he took his daughter Leah and brought her to Jacob; and he went in to her. (Laban gave his maid Zilpah to his daughter Leah to be her maid.) When morning came, it was Leah! And Jacob said to Laban, "What is this you have done to me? Did I not serve with you for Rachel? Why then have you deceived me?" Laban said, "This is not done in our country—giving the younger before the firstborn. Complete the week of this one, and we will give you the other also in return for serving me another seven years." Jacob did so, and completed her week; then Laban gave him his daughter Rachel as a wife. (Laban gave his maid Bilhah to his daughter Rachel to be her maid.) So Jacob went in to Rachel also, and he loved Rachel more than Leah. He served Laban for another seven years.