

## Healthy Relationship with Family of Origin

- \* Be who God made you to be, not who other people demand or expect
- \* You came through your family of origin, but you belong to God
- \* Don't let other people compromise what's important to you
- \* Don't let other people meddle in your relationships outside your family of origin
- \* Never sacrifice yourself on the altar of another person's dysfunction
- \* Some people outgrow their family's dysfunctional system
- \* You are not betraying your family when you become more functional, healthy, or successful than they are
- \* Love your family but keep healthy boundaries