

"Breaking Generational Dysfunction"

Identifying unhealthy patterns in our lives is crucial to free ourselves from their control. Join Kevin Geer and Justin Stewart as they explore nine steps to reboot our lives to break the cycle of generational dysfunction.

HOW TO REBOOT AND END THE CYCLE

1. Identify the Dysfunction

- Awareness is the first start.
- Name it.
- There may be many. Pick one.

2. Investigate It

- How far back does it go?
- You may never find the root, but you are making yourself more aware of the reasons.

3. Own Your Own Behavior and Decisions

- As you look at the dysfunction of others in your family, it is easy to want to blame them and stop there.
 - Understandable and justifiable.
 - BUT will not get the results you want.
- Blaming others for your behavior keeps the cycle of dysfunction going.
 - Growth comes when you look at your own choices and take responsibility for them.

4. Create Boundaries

- Set yourself up for success.
- There is a difference between walls and boundaries.

5. Read Proverbs

- Great wisdom and understanding on how to live.

6. Observe Healthy People/Families and Learn Best Practices

- Research and Observe
- Get a Mentor
 - Ask “why” instead of “how” they do things.

7. Healthy Living is Learned By Experimenting

- Practice, Practice, Practice.
- Readjust Boundaries
- Be okay with where you are on the journey while you observe others who are healthy. It takes time to break family dysfunction.

8. Counseling and Developing Tools

- You may need help.
- To form new patterns, outside help is often required.
- This is not a loss...this is healthy.
 - Health often feels like dysfunction.
 - You cannot control where you start, but you can influence where you go.
Don't hold responsibility that is not yours.
- Sometimes, you must let go of a relationship for a season or longer. A professional can help you look at and evaluate these types of things.

9. Be Patience

- Takes time to break the cycle.
- There will be setbacks. That is not failure.
- Celebrate the little successes. Remind yourself of how far you have come.