

Discussion 4: Our Family of Origin

Key Points:

- 1- The most influential system in everyone's life is their family of origin.
- 2- This is where you develop your values, view on life and your concept of what marriage is.
- 3- All your experiences in life up to this point with you into your marriage... this is what is known as your "baggage".
- 4- It is important to be aware of and understand how each other's families handle various situations such as birthdays, holidays, family illness and death.
- 5- Abuse in any form, whether physical or emotional, is never acceptable.
- 6- This topic will help you become more aware of the "baggage" you are carrying and also what your partner is carrying. This, in turn, helps you to accept and understand each other better.