

## **REVIEWS AND COMMENTS ABOUT THE BOOK, "GROWING BEYOND YOUR FAMILY OF ORIGIN EXPERIENCE"**

The Communication Patterns chapter in the book was very helpful. One of the communication barriers listed under this was "advice giver" and the close second was the person who as soon as they identify that something is being communicated that "reminds them of something they experienced" they take over the conversation with a full blown story of what happened to them. I also like how it said how you can use some phrases to see if your listener really understands what you are saying like, "does what I said make sense?". I will do this in the future to make sure the listener really understands instead of just assuming they do for better communication. I will also use the second part of this if I am the listener. I will ask the speaker to slow down if I am not sure what they are saying or ask the speaker if we can come back to this because I am too upset to talk or listen right now. This chapter will help me tremendously going forward in future conversations, and for that I am grateful.

Monica H.

After doing the FAQ (the Family Awareness Questionnaire) I had a lot of trigger moments within this book as in a sense of relief knowing that I'm am like this because of the way I was raised. The book was amazing and really helped me understand why I am the way I am and how to overcome those challenges. I found that the chapter titled "Boundaries: Separating Healthy from Unhealthy Family of Origin Experience" the most helpful for me. I had to learn the way of having boundaries and what that looked like with unhealthy family members. This chapter helped me understand the importance and how to do it.

Amanda V.

I am not a big fan of reading books, so for me to be hooked on a book it is pretty difficult.. However, for this book, I was completely hooked on it. I did not want to stop reading it. After doing the questionnaire for the book, I gave myself what felt like a moment of silence. I got into a really bad depression for a while but when I would read the book I felt so relieved. It is like it made me see different ways of seeing things whether it was things I needed to read or not, but they were there. In a way this book was a way of me receiving life advice from many different things. I think the topics that got to me the most had to be the topics on marriage/divorce, unhealthy families, communication patterns and love and forgiveness. I want to say that this book helped me get myself out of a dark place mentally and focus on myself and what I want for myself to be a better person. I know that if I catch myself back in a bad place or need to remember certain things, I will go back and read this book.

Maria Z.

I love how it says in the book that “Not only is identity strengthened in the forming of boundaries, but rights and privileges are also sustained by them”. I think boundaries are so underrated. Children might not like them, but it actually makes them feel safer and loved. So many people look back on their childhood and are thankful for them or wish their parents had more boundaries. They sometimes felt as if their parents didn’t care if there were loose boundaries. So, children can gain identity in boundaries by knowing they are loved and valuable. That their parents take the time and effort to set and enforce boundaries.

Jennifer E.

I took the family awareness questionnaire and so many emotions surfaced that I didn’t know about or even addressed. I will argue tooth and nail that it honestly matters how your parents raise you and the different things they go through that effect you. I was able to ask my mom questions about some serious things that were often swept under the rug. I learned what I desire to do with my own family compared to the way I was brought up.

Jasmine H.

I really enjoyed the Family Illness, Addictions, and Unemployment section from “Growing Beyond”. I felt like I could relate to pretty much everything stated in that section, as all of those aspects have been an issue at some point in time for my family. I agree with what was said about, “many people aren’t aware of what they can do, or what qualities they have, until they face a crisis”.

Brianna K.

I enjoyed reading about “Religious Influences and Setting a Moral Course” Chapter in the book. I really liked reading about all the people and how the religious system affected their lives as believers. I felt like I could relate to them in the aspect of how religion influenced them with certain morals and values. I loved reading that because I feel like if people were more involved with religion that their life choices would be a lot healthier. Every family has their traditions and rituals, so it was interesting to read about them in the book. It is so weird that things that we do on a daily basis that are traditional we do not even notice until because it is so normal. As I read about it I thought about how my family doesn't eat until we are all there sitting at the table. Yet others will have other traditions like eating whenever they want regardless of who's at the table or not. It got me thinking of how and what traditions I want to pass on to my family in the future.

Karina M.

For further Reviews, including those given by males, see the review section on the Amazon listing for *Growing Beyond Your Family of Origin Experience*, by John C. Pulver PhD 2<sup>nd</sup> edition.

