



# Mental Health Association of Northern Kentucky

*A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS*

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND NATIONAL MENTAL HEALTH ASSOCIATION

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## FAMILY BOUNDARIES

### **Nurturing**

People feel free to talk about their feelings

All feelings are okay to express

The person is more important than his/her behavior

All subjects are open to discussion

Individual differences are accepted

Each person is responsible for he/her own actions

People make respectful criticism and give appropriate consequences for actions

Few “shoulds”

Clear and flexible rules

Atmosphere is relaxed

People feel safe and loved

The family faces stress and works through it

People have energy

People feel loving

Growth is celebrated

People have high self-esteem

### **Dysfunctional**

People compulsively project their feelings (ex: they accuse others of being angry)

Only certain feelings are okay to express

Behavior is more important than the person.

Many taboo subjects, lost of secrets

Everyone must conform to the strongest person's ideas and values

Loss of control; criticism

Lost of punishment, blaming and shaming

Lost of “shoulds” (you should do better, you should be good)

Unclear, inconsistent and rigid rules

Atmosphere is tense

Lots of anger and fear

Avoids and denies stress

People feel tired

People feel hurt and disappointed

Growth is discouraged

People have low self esteem