



**ACCOMPANYING THE FAMILY:
KEYS OF LISTENING AND DISCERNING**

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1. Identification of couples in crisis

- Confusion of boundaries: relationship map confusing
- Continuous conflicts (relational triangles)
- Little autonomy of each member: dependencies, pseudografications, guilt, fears to hurt or hurt: "While it is wrong, it is subject to the other"
- Strong resistance to change

2. Accompanying the couples

Every marriage is a "history of salvation," and this means that it is based on a fragility that, thanks to the gift of God and a creative and generous response, gives way to an increasingly solid and precious reality. Perhaps the greatest mission of a man and a woman in love is that of making each other more man or woman. (AL,231)

- From the individual to the relational
- The core of what is demanded is the mythical, the hidden, what is known less, what is not spoken
- Content of the conflict vs. Conflict process
- Conflict is a communicative language

3. Objectives of the process of change of the couple

- To change in internal emotional functioning
- To reduce the symptom by understanding it as a communication maneuver
- To replace symptom language with direct language
- To promote the individuality of each member of the couple
- To raise tolerance for normal conflicts: integrate autonomy and intimacy
- To work on the acceptance of the need to satisfy the deep tendencies and needs of the other
- To work problem-solving ability by discovering the positive in the other and in oneself
- To distinguish the rules of the pair from the rules of other relationship subsystems
- Analysis of myths and ideals
- Keys of forgiveness in the couple

4- Basic functions of the family

<i>Satisfaction of basic needs</i>	<i>Socialization of its members</i>
Materials: — Necessary minimums — Effect of excess	Cultural Context: — Culture offers meaning to what we do and direction on how to act
Affective: — Human being: social, develops by the love that receives. Expression and reception of love — Unconditional love: "if you behave badly, I do not love you" ... — To show affection to the child	Setting standards: — Importance of standards: "guide to be in the world" — Hierarchy and clarity of norms — Inflexibility in its non-compliance — To search exceptions — Progressive negotiation on adolescence
Need for security and support: — Trust, stability. — Parents and educators as a benchmark for safety — Do not put children in the conflicts of the parents	Development of autonomy: — Education aimed at making the child an autonomous person in the world — Protection and overprotection — Emotional over-involvement — High Expectations — If you can do it alone, do it
Attachment link: — The child and the adolescent need someone who guarantees them: — Unconditional Acceptance — Effectiveness to help them solve their difficulties	Formation of identity: — To value the efforts, not so much the results — Autonomy in adolescence and empty nest — Feeling autonomous: source of high self-esteem
Need for transcendence: — To leave oneself and to meet the other as a form of personal fulfillment — Education in the commitment for justice and solidarity — The encounter with the Other	— Encourage and promote concrete experiences of commitment to justice and solidarity. — Fostering a Community way of personal growth and education in the faith.

5. To make freight to the main difficulties

- Attention to the expression of affection and affection
- Attention to overprotection
- Attention to the lack of time with the children
- Attention to the development of autonomy
- Attention to individualism
- Attention to the haste to grow: "miniadults" and avoidance of conflicts
- Education as a process (the time of agriculture)
- Importance of adult solidity
- Difficulties to educate in team

However hurt a family may be, it can grow thanks to love... The strength of the family resides essentially in their ability to love and teach love. (AL4)