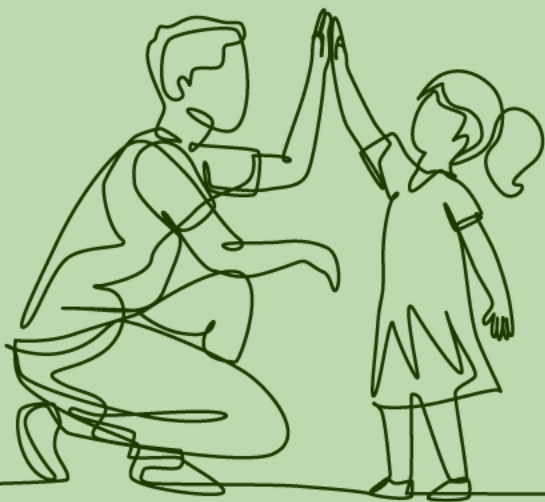


The Family Handbook

Dr. Vince Callahan



Introduction

This book is designed
for the family. Life
can be difficult, even
on good days.

Sometimes you just need
a little encouraging to
give you the strength
to fight the battles,
one more day.

*We were made to
connect, to attach or
bond to one another.
Today purposely attach
at a level you did not
yesterday.*

*Connection to one
another is not having
power over one another.*

*Connection starts at a
place of respect and
mutual love.*

*Healthy relationships
are never based in fear
or make fear a part of
the dynamics. In a
healthy relationship,
mutual service is
required.*

Love requires service.

*If you can't serve
someone, you probably
don't really love them.*

*Seeking power or having
power struggles is
never healthy. There
should not be power
games in a healthy
relationship.*

Having power in a family can be a subtle thing. You might be surprised who really has the power in your family.

God never intended for one person to rule over another, He did intend for us to serve one another and to love without question.

*Daily, we should choose
to operate in
forgiveness and shower
our loved ones with
grace and mercy. If we
did this simple thing,
we would have less
disagreements.*

*You should enjoy
spending time together.
If it feels like work
to be together, then
the relationship is in
trouble.*

*Contentment is
priceless. There is no
greater feeling than
being next to the one
you love, feeling
content and at peace.*

*Situations in your
family are rarely how
you see them.*

*Remember, there is
always the perceptions
of another person to
consider. You could be
wrong!*

*The better you become
at understanding the
perspectives of
another, the less
likely you will have
conflict in your life.*

*You can never control
the attitudes, actions,
or assertions of
another. But you can
control yourself and
your responses.*

*The healthy home allows
for truth to be spoken
in love. Even if the
truth is difficult to
hear.*

*If you live in fear of
speaking what you are
thinking or feeling,
you are not in a
healthy relationship or
have a healthy family
system.*

*Choose forgiveness,
walk in grace and
mercy.*

*Try to understand what
they are saying or
doing before you react
or make a judgement
about what they are
doing.*

*Opinions are different
than feelings.*

*Feelings come from your
soul and should be
heard. Opinions don't
always matter.*

*How you affirm another
is how they will treat
you. What you sow into
them will come back to
you in the form of
their words and
behaviors.*

*What influenced you
during your
developmental years is
how you will see and
interact with the
world, including adult
your family.*

*The character of a
family becomes evident
during crisis.*

*Strength during
adversity produces
peace within.*

Unmet expectations lead to frustration. The further away from the expectations you get the greater the frustration.

*Joy is a byproduct of
contentment.*

*Contentment is a
choice. You are
responsible for your
choices.*

Attachment should be a verb, filled with action. Without it we are alone and miss the opportunity for others to give input into our lives.

*Choose Forgiveness,
walk in Grace. Members
of your family will do
and say things that
come out of left field.
You may think "what in
the world were you
thinking?" Choose
forgiveness and walk in
grace.*

*Laughter is the
medicine that heals bad
attitudes. Learn to
laugh at even the
simplest things. It is
medicine for the
dysfunctional family.*

*When you walk is
disharmony and
disunity, you walk
alone. Relationships
are meant to walk with
someone towards a goal.
Togetherness requires
unity.*

*Communication should
always involve two...*

*If there are two people
talking at the same
time, no one is
listening.*

Healthy communication involves a speaker and a listener. Sometimes it is difficult to be the listener because what you have to say is important. But so is what they are saying.

*Learn to hear the heart
of what is being said,
not just the content.*

*The heart of the
message is more
important than the
words that are being
spoken.*

Wives respond better to their husbands when he has learned to hear her heart. She feels connected at the emotional level and will want to connect at the physical level.

*Husbands, become heart
listeners rather than
word or content
experts.*

*Brokenness is the
greatest warfare
weapon.*

*To humble yourself to
another stop's warfare.*

Relationships within a family should be safe and secure. Healthy family relationships offer a port in the storm, not more storms.

Love takes on many forms. However, love should always provide safety and security, a place to be you and still accepted.

The center of all love relationships is kindness. When you love someone, it is easy to be kind to them. If you are always angry or disgusted, you may not love them like you think you do.

Love should be fun!

Easy to bring into your

heart and express to

the ones you are in

relationship with.

Love should not be

work, laborious or

mundane.

*Listen to your kids,
not just the words they
say but their attitudes
and behaviors. They
will tell you a lot
about them.*

*If your kids confront
you about your
behavior, it doesn't
mean that you are a bad
parent, it simply means
that there is something
in your life that
concerns them.*

*Kids have or should
have the ability to be
heard, even if what
they are saying
disagrees with you.*

There is always two parts to what someone says, the words they are saying and the heart or emotions behind the message.

If you can learn to be patient and hear the heart you will connect with the person.

*There is a big
difference in the
foolishness of a child
and a child-like
nature. It really is
okay to let children be
playful. Remember,
they only have one
childhood.*

Love is really about contentment. When you are truly loved you should feel safe and secure. In their arms you should be able to be your authentic self and love accepts you for who you are.

*Being loved should
always make you feel
safe and secure, no
matter what.*

*Sometimes you must
adjust your love
routine. True love
finds ways to express
itself in any
situation.*

*Love accept all and
extends mercy, grace
and daily forgiveness.
Love is never demanding
or hostile but allows
for the acceptance of
ourselves... in any
situations.*

Husbands should be kind. Showing power and demonstrating that you are always in control does not give you the sense of authority you think you deserve. Always being in control shows great weakness.

*Insecurity is expressed
in controlling
behaviors, power plays
and anger. Angry
controlling people are
usually the most out of
control members of the
family.*

*Power struggles are
smoke screens for real
issues that are hidden
within the family.*

*Take the time to
examine who has the
power within the
family... take the time
to find their unmet
needs and your family
will change.*

*Find healthy ways to
get your emotional
needs met within the
family...starting with
saying "I need...".*

*Take the risk to put it
out there to your
family what your needs
are. Create the safety
within the family
structure to be
transparent.*

*Waking up with the one
that you truly love,
feeling the contentment
of being loved for who
you are is one of the
greatest feelings in
the world.*

Raising children is not easy. The greatest gift you can give them is consistency. This produces a sense of safety in them and allows the building of a strong sense of self.

When a child feels unsafe, their needs go unmet, they get to a place that they decide to take care of themselves. Usually, they pull away from the family and live in their own bubble, not interacting with the family.

Disconnection by a family member to the family unit usually means that the person is frustrated at not getting their needs met and they have given up. Sometimes people pull away because of past trauma and hurt.

There is strength in simply saying "I am sorry." It shows that you value the person that has been wronged or hurt.

*Trauma needs a voice or
a place of expression.
Families don't talk
about their traumas
because they usually
don't allow for that
deep of a level of
communication.*

Love should be expressed daily. Don't get too busy to tell someone that you love them. Demonstrating love towards another strengthens the relationship.

Physical intimacy is never a way to get something from the other person or to manipulate them into submission. Physical intimacy is about expressing true love for one another.

*Physical intimacy is
about being truly
venerable and allowing
you spouse to
experience the real
you, no pretenses,
masks or fakeness.*

*True vulnerability is
true safety, and it
feels amazing when you
experience this with
the one that you love.*

When you are going through battles (from the outside) cling to one another. The worst thing you could ever do is to attack or blame one another for the battle. Fight life together instead of fighting one another.

*When you are a team,
you can fight anything
that comes at the
family. To be a team
members must feel that
the unit will rally
together, not pick one
another apart or blame
members for what the
unit is going through.*

*Children need moms and
dads that are there,
connected to the
family, and providing a
place of safety-
security. Parents
should be the port in
the storm for when life
comes at the family.
Protect the innocent.*

*A child's self-esteem
is built through
attachment and bonding.
Otherwise, their whole
sense of self is
skewed, and they see
the world incorrectly.*

*Thunder and lightning
on the outside are a
storm. Thunder and
lightning within a
family produces fear.
Expressing your anger
(thunder) and acting
out (lighting) never
accomplishes anything...
except scaring someone.*

Most angry people are really people that are insecure and need to enforce their role within the family...that no one really believes exists. Insecurity is never respected, nor is power management.

*Don't let your issues
spill over to the other
members of the family.
Learn to deal with you.
Your family needs the
best you, not the
broken you that
punishes them for your
issues.*

An environment of love produces an atmosphere of strength. Strength creates a safety net for self-exploration. It allows children to make mistakes and still be loved.

The most health thing a parent can do is to allow their children to mess up and be there to pick up the pieces. If this is allowed withing the context of the family, then as adults they will be stronger.

Teens that are not given a family safety net usually have many adult challenges, including relationship ones that end in brokenness.

*The home is the one
place that you should
always feel safe in.*

*It is the fortress from
the outside world.*

*Prayer, even simple
prayer is the most
intimate thing that can
be done among family
members, especially
husbands and wives.*

*The greatest expression
of love to someone is
to say to them "I
forgive you."*

*Who do you need to
forgive today?*

*Forgiveness releases
the pent-up pain you
have carried. It never
excuses the tragedy
that was done, but it
releases you from
carrying the burden of
hurt.*

People who hurt you usually don't think about or care about what they have done. If you think that somehow carrying the pain of the event will impact them, you are sadly mistaken.

*Unforgiveness takes
emotional energy that
could be used to
further your life.*

*Allowing unforgiveness
in your heart/soul you
are allowing the hurt
to control you. You are
not in control of your
own life.*

Sex is an expression of intimacy. It is not just another physical act or a weapon to use against someone that you are angry with. It is intended to be the greatest expression of vulnerability.

*When you walk into your
house how do people
react? Are they glad
to see you or are they
afraid of what you may
say or do?*

*Self-absorption will
kill the ability to
have true conversations
within the family. If
you find yourself being
the center of every
conversation, you might
be self-absorbed.*

*You can't be selfish
and humble at the same
time. Just like you
cannot be at peace and
experience stress
simultaneously.*

People who yell are out of control. They think that by yelling they will regain control of the situation. The opposite happens. The biproduct of yelling, you lose respect.

*Hope is like water to a
thirsty man. The lack
of hope is despair.
Too often families
exist with no goal, or
vision. Without vision
we perish.*

*How can a family have
peace without God as
part of the family?*

*Without the spiritual
element in the family,
crises are magnified.*

*Take the time to
'delight' in the things
of your heart. In
other words, there must
be some things in your
daily routine that
bring you pleasure and
a sense of relief.
Otherwise, you are a
robot.*

*Your family does not
need to hear your roar.
They need to reason
together, and problem
solve as a unit. This
will bring respect to
the office of a parent.
When parents act out
children do not respect
who they are as a
parent.*

*Insight is
understanding where you
came from, how those
beginnings affect your
current behavior and
where you will be
headed.*

*Insight gives you the
power to change.*

There are two sides to a coin. You cannot see both sides at the same time. Remember that every situation has two sides, one of which you cannot readily see, unless you look.

*When you are in love or
when love is a product
within the home, there
is flexibility,
understanding and
grace. This is the
culture of a home that
operates in love.*

*Apologize, even if it
is not your fault.
Humility heals all
wounds.*

*Choose forgiveness,
walk in grace. These
will change the climate
of the home from stormy
to peaceful.*

*Remember, your spouse
may be going through
something that you are
not. Understanding,
calmness, and
identifying where they
are will help them
process the issues.*

*Saying, "I am proud of
you," goes a long way
in celebrating change
or someone's
accomplishments.*

*There is a dad joke
that says, "when
someone uses your name
as a verb it is because
you do something really
well or really badly."*

*You should always be
aware of the headspace
you give your thought
life. Whether negative
thoughts or positive
thoughts they will fuel
your actions.*

*When you are an adult,
you can always process
your childhood from a
different perspective.
Trauma does not look
the same from an adult
perspective.*

Speak positively about your spouse when they are not with you. In essence you are teaching people how to view them and treat them when they finally meet.

*Don't forget why you
fell in love. It is
easy to get in a
routine/rut and forget
the tender moments of
falling in love. Make
tomorrow's kiss the
first kiss you have
ever done. Work to
keep love alive,
vibrant and exciting.*

*Drawing a line in the
sand to change
someone's behavior is
never a solution.*

*However, servant
leadership will always
change behavior.*



Dr. Vince Callahan

Dr. Callahan is a mental health expert and Neuro-educational psychologist. He offers clinical-spiritual and mental health guidance to adults and families. He has an ED.D in Educational Psychology and a Masters degree in Counseling Education. He has over thirty thousand hours of clinical counseling experience which spans over three decades of professional work.



100 Practical Tools for a Stable Family

Even “perfect families” have issues. The difference is how they handle the pitfalls of relationship. This quick read is packed with simple tools and thoughts to help you relate better with your spouse, kids, parents, and more.