

Family Rules

Please check the rule(s) that exist in the following systems:

Family of Origin	Current Family	Spouses Family	Rules
			Always work hard
			Be punctual
			Always be the best
			Be perfect
			People can't be trusted to fulfill their responsibilities
			You are ultimately responsible for everybody and everything
			Dedication and self-sacrifice are important to succeed
			Always work at getting ahead and making a name for yourself
			Always be busy
			Be responsible
			Cover up your feelings
			Never trust others with your feelings
			Always smile—don't cry
			Always be nice
			Be productive
			Women shouldn't get angry
			If you can't say something nice, don't say it at all
			Be flexible
			Don't rock the boat
			Feelings don't exist
			Be responsible
			Follow through on your commitments
			Don't talk about the family with others
			Be private about personal matters
			Go with the flow rather than stand up for yourself
			Think creatively
			Have fun and enjoy life
			You are more important than anybody or anything else
			You are okay if you are feminine and cute
			Let others take care of you
			Do what others want you to
			Women can't be effective leaders

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