

Week 2 – Opening Video Family Systems and Where Patterns Begin

Before we begin this week, I want to briefly orient you to what we are doing and why it matters.

Last week was about orientation.

You learned that confusion in marriage does not mean failure. It usually means you are touching something powerful without understanding how it works.

This week builds directly on that.

Week 2 is about seeing patterns.

Not just what is happening in your marriage, but where the ways you handle closeness, conflict, anxiety, and responsibility actually came from.

Most people believe their reactions start in their current relationship.

They usually do not.

They start earlier — in families, roles, and emotional systems that shaped us long before we chose a partner.

This week introduces a simple but powerful tool for making that visible.

You will map basic family patterns. You will notice roles that repeat. You will begin to see that many of your reactions are learned positions, not personal defects.

This is not about blame. It is not about diagnosing your parents. It is not about reliving the past.

It is about clarity.

When you can see a pattern, you are no longer trapped inside it.

A quick expectation for this week.

Go slowly.

You are not trying to capture everything. You are not trying to get it right.

You are simply trying to notice.

If something feels familiar, stay with that. If something surprises you, pause.

Do the exercise carefully. That is where the real work happens.

By the end of this week, many people feel something important shift.

Not relief. Not answers.

But steadiness.

That steadiness is what allows the next weeks to work.

Take your time.

Let's begin.