Examples of “invisible” rules people might learn from their family include:

* Boys don’t cry or show emotion
* We don’t discuss our feelings
* You are successful if you make a lot of money
* You have to be attractive to be important
* Dad must be respected & obeyed
* Your opinions don’t matter so don’t bother speaking up
* It is shameful to talk about sex
* We don’t discuss family problems with people outside of the family (we must always look like a “happy family” to others)

*What “invisible” family rules have you learned?
“Invisible” Family Rules

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Credits

**Marcelle’s KG Zone**
-Thank you for the border!

**Creating4 the Classroom**
-Thank you for the arrows!

**Dandy Doodles**
-Thank you for the flowers!

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