

Some families have unspoken rules they operate by, and some families have rules they have discussed and agreed upon, but all family systems have rules under which they operate. Explain the positive and negative functions that rules can play in the family system.

Some families have unspoken rules they operate by, and some families have rules they have discussed and agreed upon, but all family systems have rules under which they operate. These rules are different from family to family. There is a positive and negative function that rules can play in the family system. Some people do well with rules while others struggle and don't follow them. They feel as if they are being controlled. In a family system the rules help everyone to be treated fairly. They also help the things and the task to be completed. The negative function of rules can be when no one follows them in the family. This can create a lot of problems between family members. Rules help people stay in order so that things get done. Without rule everyone who do what they wanted and nothing would get done. When I was growing up there were both unspoken rules and rules that were agree upon. One unspoken rule was there is no feet on the couch, everyone knew this rule because it was a given. One of the rules that's was agreed upon was that if you use a dish you clean it. This help prevent messes and other family members cleaning up after each other.

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With family systems, some of the rules that some families may have in tact are to not speak about personal issues or that of family problems should not be discussed in public;. For example, if a family member has committed a serious crime such as molesting a child or adolescent, when it comes to th public viewing, some families may tell one another in the family, that family members are never to talk or discuss the issue even when they are asked about it. That subject remains taboo and if they do discuss it, it may appear as betrayal to the family system. One thing that comes to mind is that of Mario Puzos book "The Godfather" and how they never discussed their family issues at the table when eating. And family business was never discussed outside the family house. A lot of cultural families live by these unwritten rules that are passed down from family member to family member. Even seeking private counseling by a person in a family that operates under these rules maybe be in violation of the family as well.