Crisis in the Family
Chapter 16

THE IMPACT OF CRISSES ON THE FAMILY
16:1

• ________________ are experiences or events that cause people to make major changes in their lives. Whether ______________ leads to a crisis depends on the following four factors:
  – The event itself
  – Number of stressful events experienced at the ___________ time
  – How the family ________________ and ________________ the events
  – __________________ available to manage the stressful event

• ________________ – life events that change or have the potential to produce change in the family

Crises-Producing Life Events
• ________________ events that cause a great loss
• Very stressful events that widely impact ________________
• Sudden, important events
• Events requiring major ________________

The Pile up Effect
• Sometimes crises result when ________________ changes occur at the ___________ time, or one after another, the stress from each event continues to ________________ causes the pile up effect

How Crises Affect the Family
• The Family System Becomes Unbalanced
  – In a crisis, one or more changes ________________ this balance
• A Loss Affects Family Functions
  – The functions of ________________ is lost by the death of a spouse

How Crises Affect the Family
• The Grieving Process
  1. ________________
  2. ________________
  3. ________________
  4. ________________

• Unhealthy Adjustment Pattern
  – They may feel ________________ – alone, without hope, or cut off from others who care

PREVENTING A CRISIS
16:2

Identifying the Source
• Internal Stress – stress that come from the ________________ of the family. Headaches, colds, sleeplessness and other ________________ problems tend to increase under
Managing Stress

• Reducing the Amount of Stress
  – Remove the ________________ of stress
  – Remove ______________________ from the source of the stress
  – Break down the _________________ into smaller parts

Reducing the Effects of Stress

• Change responses to stressful events – a little _________________ may be appropriate to lighten a tense situation
• Set aside time to ______________________
• Take part in a family _______________

Developing Family Resources

• The Family’s ____________________ – how does the family view life changing ________________: as a crisis or a manageable problem?
• Financial Resources
  – Personal __________________________ skills that could help a person cope with a crisis is the ability to manage time and money
• Flexibility – being able to be _________________ and adjust in order to handle stress better.

Developing Family Resources

• Commitment
  – Commitment will help ______________ members stick together to find _________________ to a family problem
• Good Communication Skills
  – When changes occur, family members can continue to ______________________ and _________________ each other. _________________ in the family’s ability to adjust will increase.

• Joint Decision-Making Skills – families learn how to develop a _________________ and divide tasks among the members
• Negotiation Skills - learning to work _________________ to reach solutions that benefit all concerned.
• Family Support – committed to helping each other __________ and succeed
• Community Support Groups – helpful to families because the people in these groups have experienced similar situations

COPING WITH CRISSES

Family Coping Behaviors

• ______________ behavior is planned behavior that helps the family adjust as quickly as possible to changes that have taken place. Top four behaviors:
  1. Understanding the _________________
  2. Seek ______________________ to the problem
3. Strengthen the family ______________
4. Emphasize personal ________________ for individual family members

18  Chronic Illness and Disability
• A chronic ________________ is a medical problem that cannot be ____________
• A ________________ describes an impairment that interferes with certain abilities

19  Children with Disabilities
• Some children are born with a ______________ or ______________ disability
• A ________________ disability has difficulty learning to carry out certain skills even though intelligence is average

20  The effect of Chronic Illness or Disability on the Family
• Emotionally ________________ on the family
• ________________ may increase, and members may withdraw from one another.
• Other family members’ needs may be put ________________

21  Coping with Chronic Illness and Disability
• Family must continue showing love, support and ________________
• Listen to each other with ________________ listening skills
• Attitude of ________________ and flexibility is important

22  Community Resource for Coping with Chronic Illness or Disability
• Understanding the ______________ or ______________ and its long-term effects is an important part of adjusting. Community ________________ people are available to make this process easier

23  Drug and Alcohol Abuse
• Drug or alcohol abuse is also called ________________ abuse

24  The Effects of Substance Abuse on the Family
• Drug and alcohol abuse tend to be used as ________________ mechanisms to hide from problems. The abuse tends to ________________ in families when both spouses or parents and teens do not resolve conflicts.

25  Community Resources for Coping with Substance Abuse
• ________________ is the best resource a family has for coping with alcohol and drug abuse

26  Unemployment and Financial Crises
• ________________ can be stressful and result in a family crisis

27  Personal Coping Behavior
• High self-esteem, positive self-concept, and positive life attitudes can help you believe in your ability to ________________
• Communication – skills for communicating with others can help you build and maintain ________________
• Your personal ________________ skills are also important
  – Time, money, decision making skills, and problem-solving skills