**The Emotionally Healthy Family**

If we don’t recognize and manage our emotions well, then we will pass down unhealthy emotional hurts, habits, and patterns of behavior to others and future generations. What is not TRANSFORMED is TRANSFERRED.

The “family” is an emotional system of two to four generations who move through life together in different places at different times. When we are born into families, we inherit their ways of relating, values, and ways of living in the world.

EQ is the ability to recognize and manage both your own emotions and understand the emotions of people around you

We were all born into a physical family and experienced DEFORMATION, we are then birthed into the family of God through SALVATION, and then we begin as children and learn how to become who God originally intended for us to become through TRANSFORMATION.

Your family of origin does not determine your destiny, God does!

**2 Corinthians 5:17**, Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

**Ephesians 4,** **22**You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; **23**to be made new in the attitude of your minds; **24**and to put on the new self, created to be like God in true righteousness and holiness.

There is putting off and putting on process which helps us become the person God has called us to become. In order to become an emotionally healthy family, then we have to:

1. Approachable instead of defensive.
2. High in self-awareness instead of low in self-awareness.
3. Connected instead of disconnected.
4. Quick to take responsibility instead of quick to blame.
5. Non-reactive instead of reactive.
6. Self-giving instead of self-absorbed.
7. Honest instead of dishonest.
8. Forgiving instead of offended.

JOSEPH Genesis 50.

**Genesis 50:** 15 When Joseph’s brothers saw that their father was dead, they said, “What if Joseph holds a grudge against us and pays us back for all the wrongs we did to him?” 16 So they sent word to Joseph, saying, “Your father left these instructions before he died: 17 ‘This is what you are to say to Joseph: I ask you to forgive your brothers the sins and the wrongs they committed in treating you so badly.’ Now please forgive the sins of the servants of the God of your father.” When their message came to him, Joseph wept. 18 His brothers then came and threw themselves down before him. “We are your slaves,” they said. 19 But Joseph said to them, “Don’t be afraid. Am I in the place of God? 20 You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. 21 So then, don’t be afraid. I will provide for you and your children.” And he reassured them and spoke kindly to them.

You have to go back in order to forward.