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Interpersonal Communication
James Thompson
Family Patterns Paper Assignment

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Carol Annha Goffine
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"An eye for an eye only ends up making the whole world blind". -Gandhi. This quote explains that if you want change in something then you have to be the change. Sitting there saying you want change will not change something unless you be the change. This quote pretty much describes my family. My older sister, younger brother, and I were passed down traits, good or bad, from our family. Addiction to alcohol¹, short temper², and being athletic³ are all traits that are important in my family.

On my dad's side of the family, my grandpa #1 is an alcoholic. That trait is passed down to my dad as well. Alcoholism came into my family while my grandpa was immigrating to the United States of America. While living in India, everyone who did labor in the fields always had to drink alcohol before they came to work to get some energy in their system. Sadly, my grandpa was one of them. My dad caught on to becoming an alcoholic when he would come home every day and see my grandpa under the influence. My dad started to think it was okay to drink because my grandpa was doing it. To be an alcoholic was easy for my dad because most of the time grandma wasn't home so he had no one to stop him.

[^{awkward wording} I being the third generation, before this trait hits my siblings and possibly myself I want to stop it.] The first thing I would have to do to stop alcoholism in my family is to talk to my grandpa and dad. I want to let them know that drinking in front of the younger ones in the family isn't going to stop the addictive behavior. Second of all, I did some research on alcohol prevention and found out that the environment my dad and grandpa are in is a big factor. As a

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result I am going to try to keep them as close to the family as possible. Also I want to stop this pattern in my family because it can affect a lot of things. For example, being an alcoholic can affect the health of the family. The affect of addiction to alcohol is also a long term issue as well. Alcoholism can cause serious health related problems and even death. Being healthy and in good physical shape is something our family is blessed in but drinking alcohol continuously will take all of that away within seconds. I also understand that in our religion it is a tradition to drink alcohol on any special occasion; however my grandpa and father tend to make every afternoon a special occasion. That needs to stop as soon as possible and I won't let a pattern trait like that affect my family, especially my siblings.

Furthermore, my family also has a negative short temper trait. It is passed down from my grandpa on my mom's side of the family. Then my grandpa passed it on to my mother. The short temper trait can be a negative attitude towards my family and can also cause unnecessary conflicts. As we all know conflicts in a family are never a good thing. In order to have my mom and grandpa improve on their short temper, our family will have to work together.

The first thing we will need to do is talk to them in a more patient and proper manner, where one little word we say wrong makes them go insane. After looking up some tips on preventing short tempers on a magazine, I came to a conclusion that the relaxation and breathing strategies will help their aggressive flares. For example, if I see that they are about to go off on a family member, then I will give them a spongy apple where they can clinch their fist on, so it can help them breathe and cool down. This method has worked in the past for other people with similar temper issues.

Strong analysis
& research

Good, but
move to
next
paragraph
*

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Short temper for them includes yelling, intense facial expressions, and sometimes getting a little physical as well. Short temper problems can be dangerous as well. The effect of my moms and grandpas short temper trait is that it will cause health problems in the future. Moreover, short temper can cause an increased risk of stroke and risk of ulcers. Not only does this trait affect the health of my family but it also affects the attitude and mindset of each family member in the house. In one scenario, if my mom is always having a short temper attack on my little brother when he asks for her help, then slowly he will stop asking her and go to someone else for help. Instead of being comfortable with each other, it will only make all the family members become more distant from one another. As a result, this terrible trait pattern affects both the health of my family and the attitude amongst each other in the house hold.

INSERT * →
HERE

On the other hand, our family has a terrific athletic trait pattern. The athletic pattern comes from my dad's side of the family. My grandpa did rodeo when he was in his prime and was pretty unbeatable back in India, and my dad played soccer here in America at a high level. Sports are like a family tradition in the family. If you don't play sports, then expect to get made fun of.

Not a new paragraph
Most of the weekends in our family are spent at sporting events. Supporting each other at a sporting event is what we do best. Being involved in sports is really big for my family because it all keeps us away from sitting on the couch watching television or even away from drugs and stuff like that. I would love for this family trait pattern to continue on because it keeps the family away from stress. Not only does it keep the family away from stress but it keeps everyone healthy and in great physical shape as well. It also makes great family vacations and a lot of family time together. A trait like this can keep conflicts away and have stress free time watching

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the family perform as athletes. I am looking forward to continuing this trait in generations to come.

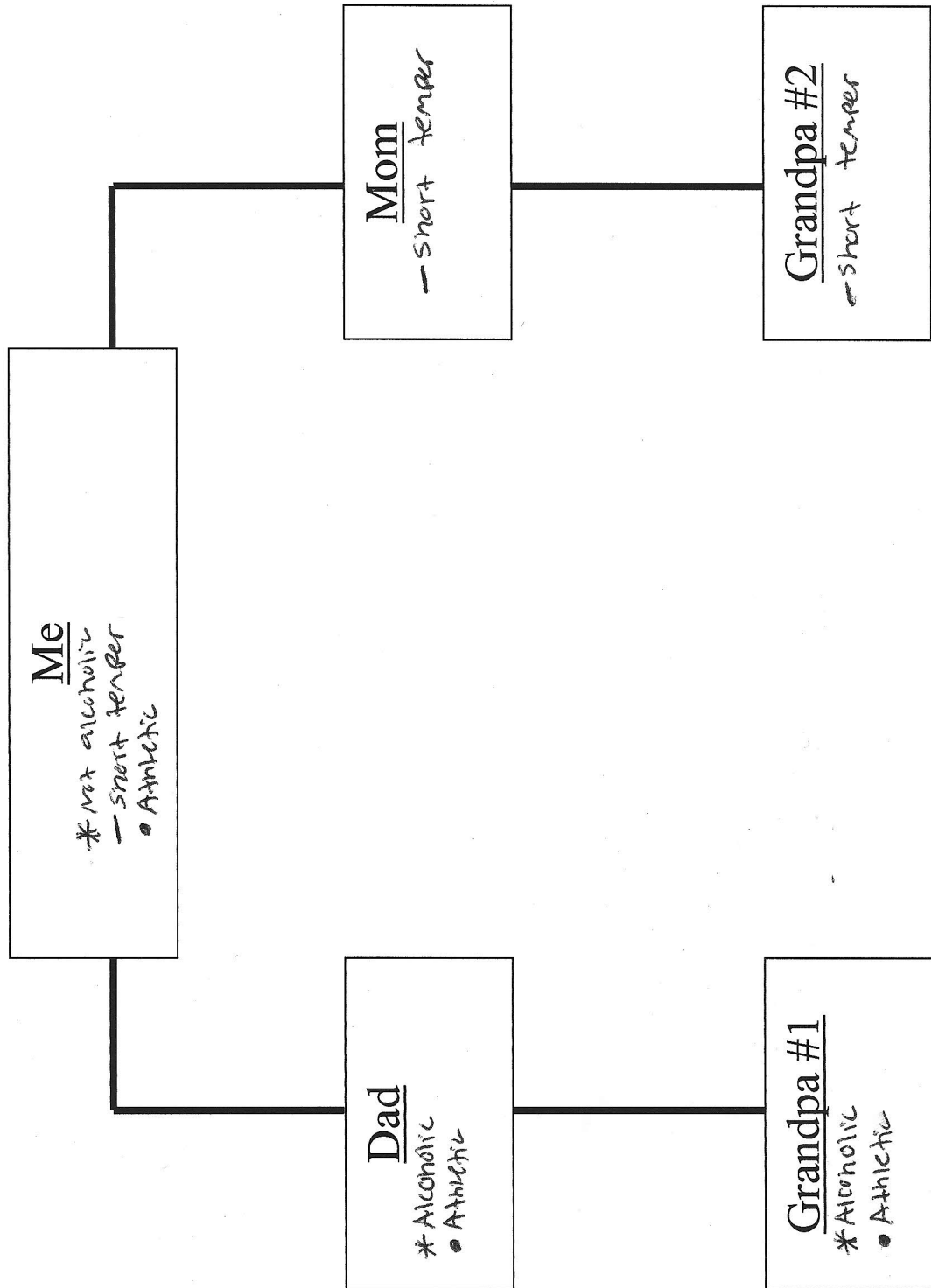
↳ ok, but how?

In conclusion, after discussing both similar and different trait patterns with my family, I have discovered that we both have positive and negative traits. Alcoholism and short temper traits are going to end very soon because we are all going to work together as a family and the positive trait of athletics is going to grow for generations to come. This family pattern will continue from generation to generation. Imagine yourself walking into a house where you see empty, broken, alcohol bottles laying around everywhere. Not only that, but then seeing family tempers flaring on little conversations. As a result, that phase of our family is coming to an end.

word count = 1,218

Family Patterns Chart

(Summary of my Findings)



Family Patterns Paper Evaluation

Name _____

Key:

+ = Excellent

✓ = Satisfactory

- = Needs Improvement

0 = Failed to Complete

Chart:

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- + Demonstrated trends (or lack of) from one generation to the next
- + Readable, Done in a neat and orderly or creative way
- + Items listed reflected topics discussed in the paper

Writing:

37 / 40

- + Paper was edited for spelling, grammar, punctuation, and capitalization
- + Paper was easily understood, and made sense - clarity
- ✓ Paper used paragraphs, and complete sentences – one topic per paragraph – *few paragraph errors*
- + Paper was between 1000 and 1500 words, word count noted
- + Paper had a clear introduction and conclusion

Nice & concise!

Content:

50/50

- + Good information on three generations
- + Related the information on former generations to self (similar or not)
- + Focused on patterns rather than names & dates
- + Two to six items were discussed clearly
- + Coverage of these items was sufficient

Personal application:

38 / 40

- ☒ Identified patterns that have an affect on you as an individual
- ☒ Identified patterns to be passed on to the next generation or stopped with you
- ☒ Identified future ramifications of these patterns & discussed specific actions you can take to achieve your goals

Really good for
patterns #2 & 3,
but needed more
in pattern #3

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