Functional Family Rules

Guidelines to build trust and security with those we live and work with:

- ☐ Love is not conditional, but approval usually depends on honoring our commitments.
- ☐ Each person has the right to set their own boundaries and is responsible for making these known to other people.
- ☐ It is OK to disagree; it's not OK to bully, threaten, get revenge.
- ☐ Behaviors have consequences; these are not the fault of other people.
- ☐ It's OK for boys and men to cry, share their pain, express tenderness, sympathy, or regret.
- ☐ Being angry is a feeling; it's OK to express it but it's not an excuse to hurt people.
- ☐ It's OK for women to express anger, have definite views and personal ambitions.
- ☐ Love makes a family; nothing more and nothing less.
- ☐ Seeking outside help is not a breach of family loyalty.
- ☐ Intimacy depends on honest direct communication, which means being available, listening, and also talking.
- ☐ Leadership is shared; responsibilities are negotiated, not just taken for granted.
- ☐ People in our lives today are not valid targets for our projections or fears rooted in the past.
- ☐ Talents and shortcomings are parts of the human spectrum; we are all spiritual beings.
- ☐ It is safe to admit even big mistakes and make amends, to evolve and grow in an atmosphere of love.
- ☐ No matter how they start, all ongoing relationships are voluntary.
- ☐ (Add some!)
- ☐ .
- ☐ .
- ☐ .

© ACE Anonymous Meeting Scripts and Handouts OK to copy with attribution for 12-Step groups.