

# FANTASTIC FOUR: RELATIONAL SCHEMAS IN THE FAMILY

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# WHAT ARE RELATIONAL SCHEMAS IN THE FAMILY?



# RELATIONAL SCHEMAS IN THE FAMILY

Relational schemas are the core beliefs that we have developed about ourselves and in our relationship with others as well. With these beliefs, our behavior and how we act within relationships are influenced by our different experiences.



# SAY HELLO TO MY FAMILY!





My family leans more on the **CONSENSUAL** type wherein our family exhibits high in both conversation and conformity.

My family have a strong bond and connection with each other. We talk a lot as a family and we all agree that communication is very important especially because both of my parents are OFWs. My parents listen to our opinions, however, they still get to say the final verdict whenever we make decisions as a family. My sister and I understand our parents' decisions because we both know that they only want what's best for our family.

