

# PRINCETON FAMILY CENTER FOR EDUCATION

*Murray Bowen's Natural Family Systems Theory*

## COMMUNITY SEMINAR Registration

Date: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Place of Employment \_\_\_\_\_

Telephone: (Home) \_\_\_\_\_ (Office) \_\_\_\_\_

Fee: \$275 due in full upon registration. Please make check payable to the PFCE.

### Some Bowen Theory Questions

What percentage of your time and energy do you put into changing the other?

What percentage of your time and energy do you put into changing yourself?

How can you take responsibility for not only how you *act* in a relationship but also how you *respond*?

What does it take to sit with your anxiety rather than passing it along to someone else?

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