

4 DEFAULT PATTERNS:

How families relieve discomfort when tensions rise
– automatic, natural, shared across generations

Selected Resources

- Gilbert, M.D., R. M. (1999). *Connecting With Our Children: Guiding Principles for Parents in a Troubled World*
- Gilbert, M.D., R. M. (2017). *Extraordinary Relationships: A New Way of Thinking About Human Interactions, Second Edition*
- Smith, K. (2024). *True To You: A Therapist's Guide to Stop Pleasing Others and Start Being Yourself*
- **The Bowen Center for the Study of the Family**, TheBowenCenter.org
 - Free public and paid training programs
 - Network affiliates around the country and the globe
 - Books, videos, YouTube Channel