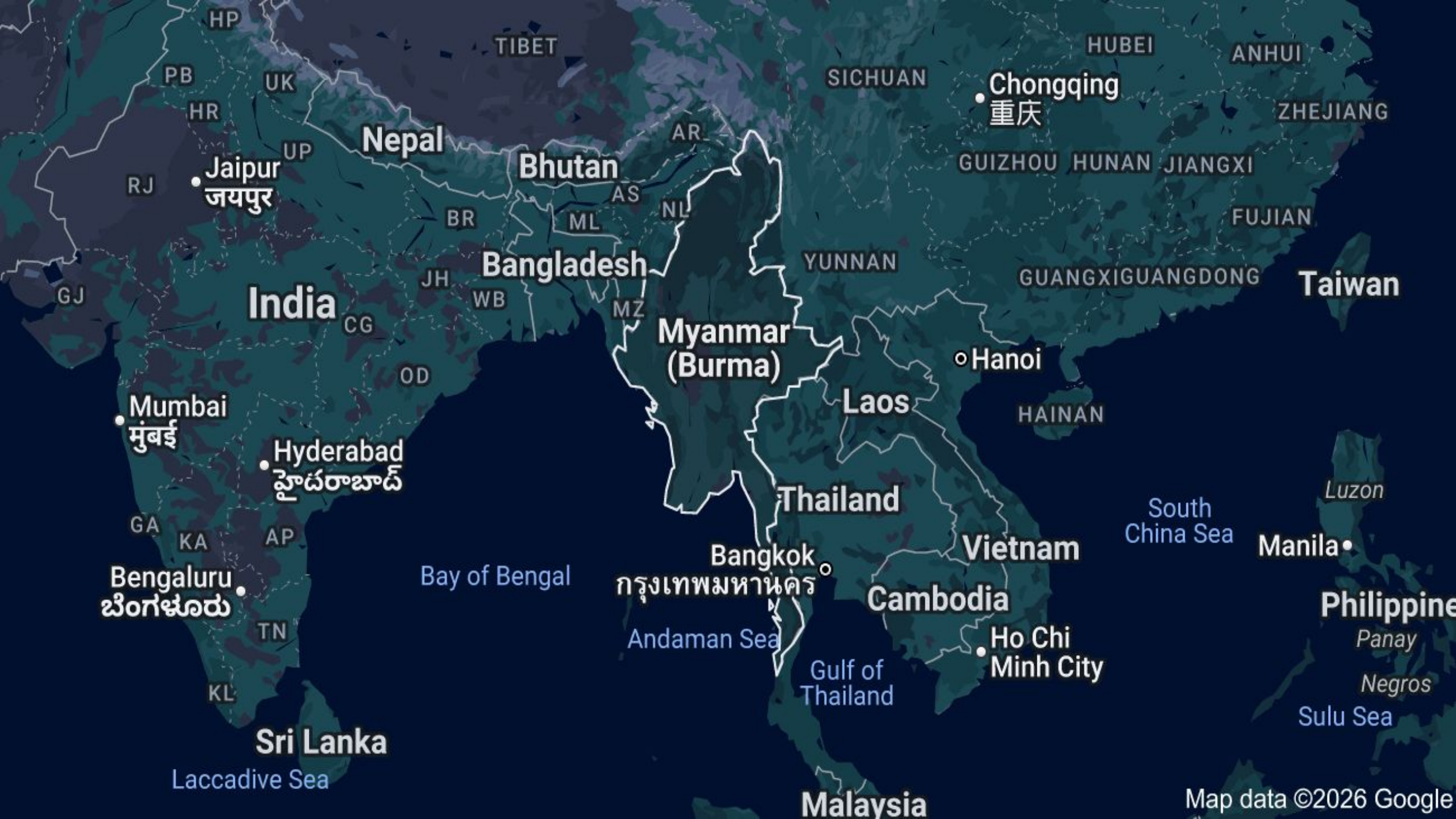


**Healing the Asian American Family: Practices for  
Repairing Generational Rupture with H.O.N.O.R**



HP

TIBET

HUBEI

ANHUI

PB

UK

SICHUAN

ZHEJIANG

HR

UP

AR

Chongqing  
重庆

GUIZHOU HUNAN JIANGXI

RJ

Jaipur  
जयपुर

Nepal

Bhutan

AS

NL

FUJIAN

BR

ML

YUNNAN

GUANGXIGUANGDONG

Taiwan

GJ

India

CG

OD

Bangladesh

Myanmar  
(Burma)

Laos

Hanoi

HAINAN

Mumbai  
मुंबई

Hyderabad  
హైదరాబాద్

Thailand

South  
China Sea

Luzon

GA

KA

AP

Bangkok  
กรุงเทพมหานคร

Vietnam

Manila

Bengaluru  
ಬೆಂಗಳೂರು

Bay of Bengal

Andaman Sea

Cambodia

Ho Chi  
Minh City

Philippine

Panay

Negros

Sulu Sea

Sri Lanka

Laccadive Sea

Malaysia

Map data ©2026 Google

# Family Rupture

Family rupture occurs when incongruence takes root —

- when we lose connection to our God-given worth (**Self**),
- when we relate to one another through fear and shame (**Other**), and
- when we find our relationships drifting apart under the weight of survival, sacrifice, and nonshared experiences (**Context**),  
leaving us unseen, unknown, and unhonored.

Guided by Virginia Satir

(Rasheed et al., 2010)

# Congruence

- **Honoring self** = agency, dignity, truth-telling
- **Honoring other** = empathy, protection, justice
- **Honoring context** = awareness of power, culture, history, trauma, systemic forces  
(Argumaniz-Hardin, 2025)

## Ruth (Ruth 1-4)

- **Self honored:** Ruth chooses freely and courageously - “Where you go, I will go.”
- **Other honored:** Boaz respects and safeguards Ruth’s dignity.
- **Context honored:** They creatively navigate social, cultural, and economic constraints to protect and support one another.

# Incongruence

- **Self not honored:** People-pleasing, suppression, resentment
- **Other not honored:** Blaming, attacking, defensiveness
- **Context not honored:** Ignoring constraints, creating harm or risk

(Argumaniz-Hardin, 2025)

## Hagar (Genesis 16)

- **Self not honored:** Sarai acts from insecurity and control
- **Other not honored:** Hagar is used and discarded
- **Context not honored:** Cultural and social systems leave Hagar vulnerable and unsafe

# Self Distorted by Systemic Forces (Self Incongruent)

- Racism
- Colonialism
- Patriarchy
- Ableism



# Hard to Honor “Other” When Self is Incongruent

Message spoken

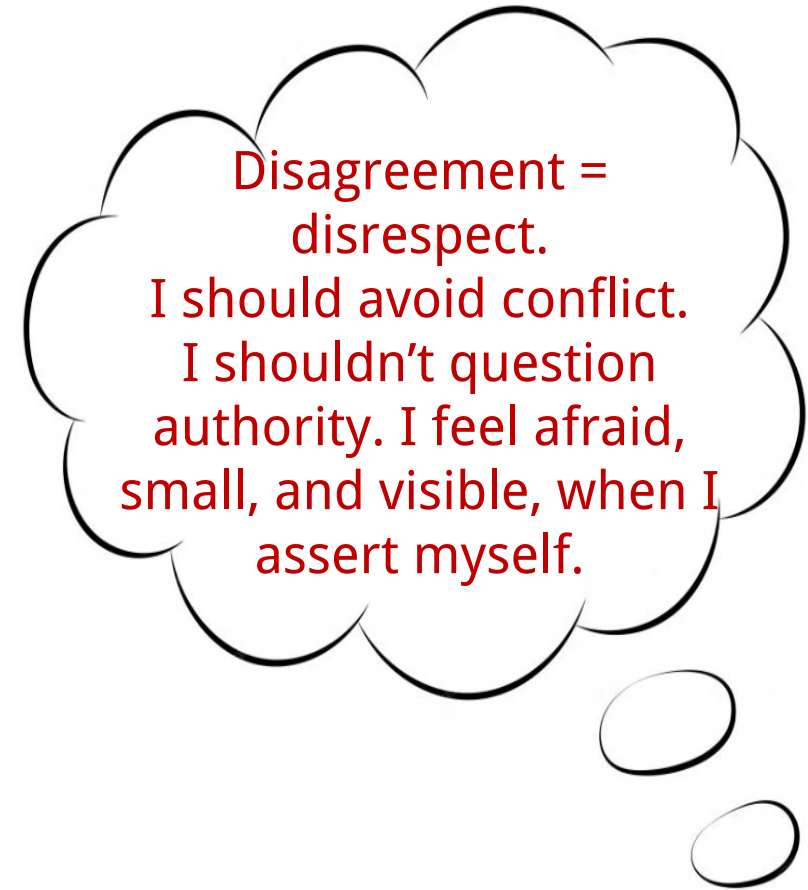
**“Don’t talk  
back.”  
“Don’t  
speak up.”**

Message intended

To protect you  
To teach you  
respect and proper  
behavior

Message  
unspoken/unaware

I’m afraid you’ll be rejected or  
hurt.  
Your disobedience feels like my  
failure, triggers my fear and  
shame.  
If I lose control of you, I lose  
control of the situation.



Message received  
(internalized rules)

# Hard to Honor “Other” When Self is Incongruent

Message spoken

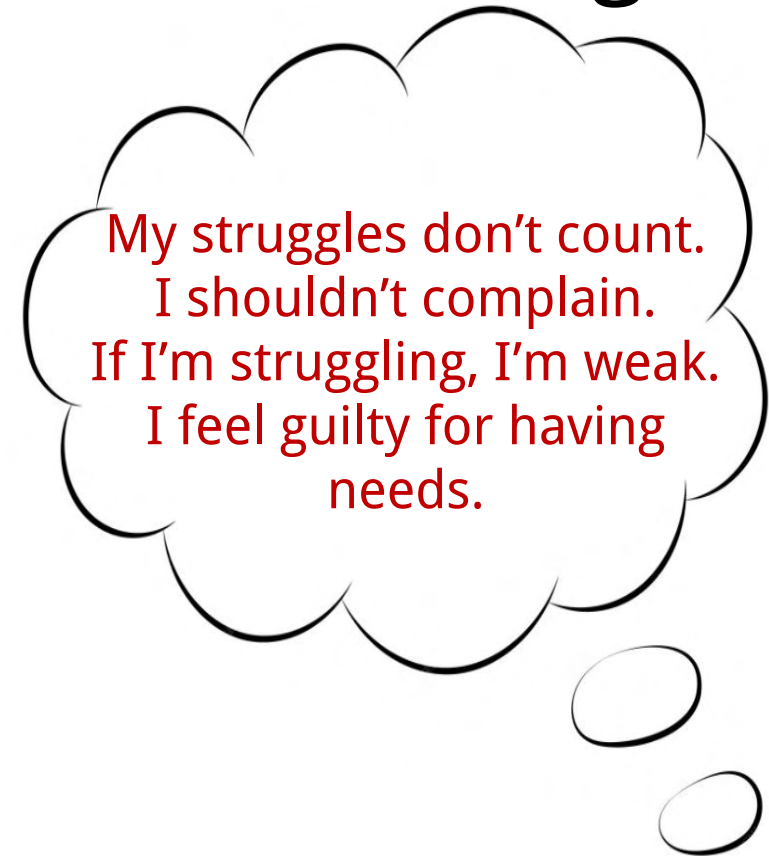
**“You have it easy.”  
“You don’t know real  
struggle.”  
“In my country...”  
“When I was your age...”**

Message intended

To help you  
appreciate sacrifice  
and build resilience

Message  
unspoken/unaware

My hardships still carry pain and  
resentment.  
I fear you won’t value what I sacrificed.  
I’m afraid you will waste opportunities.



Message received  
(internalized rules)

# Unshared Contexts Create Tensions

- Culture: Family vs. Self
- Conflict: Safety vs. Honesty
- Boundaries: Loyalty vs. Autonomy
- Love Expression: Doing vs. Being
- Identity: Collective vs. Personal
- Success: Security vs. Meaning
- Emotions: Endurance vs. Expression

# Family Repair

Congruence in the family begins as —

- We reconnect to our God-given worth (**Self**),
- We relate to one another with courage and grace (**Other**),  
and
- We share our vulnerable stories shaped by survival, sacrifice, and difference (**Context**),  
so that we may stand seen, known, and honored in God's presence and family fellowship.

Guided by Virginia Satir

(Rasheed et al., 2010)

# Family Repair through H.O.N.O.R

## **H** – Have Heart Awareness

Notice what is happening in your heart and emotions.

## **O** – Observe Patterns

Pay attention to recurring thoughts, reactions, and relational patterns.

## **N** – Name Social and Cultural Forces

Recognize the social and cultural influences that intersect with emotional vulnerability.

## **O** – Open Bridges

Open bridges to Self, to Others, and to Context.

## **R** – Rest

Rest in the care of the Shepherd and in the dignity of the Imago Dei.

# HONOR – Have Heart Awareness

## **Dad – Irritable, Ashamed, Defeated**

- Denied a promotion despite strong performance. (accent bias)
- Feels degraded and frustrated.
- Expresses irritation: *“You don’t know what it’s like to be in my shoes.”*

## **Mom – Anxious, Hypervigilant**

- Feels responsible for keeping the home stable.
- Becomes more controlling when stressed.

## **Daughter – Sad, Guilty, Inadequate**

- Experiences anxiety, feeling it’s *“never perfect.”*
- Suppresses her feelings to avoid disrespect.

## **Son – Frustrated, Defensive, Powerless**

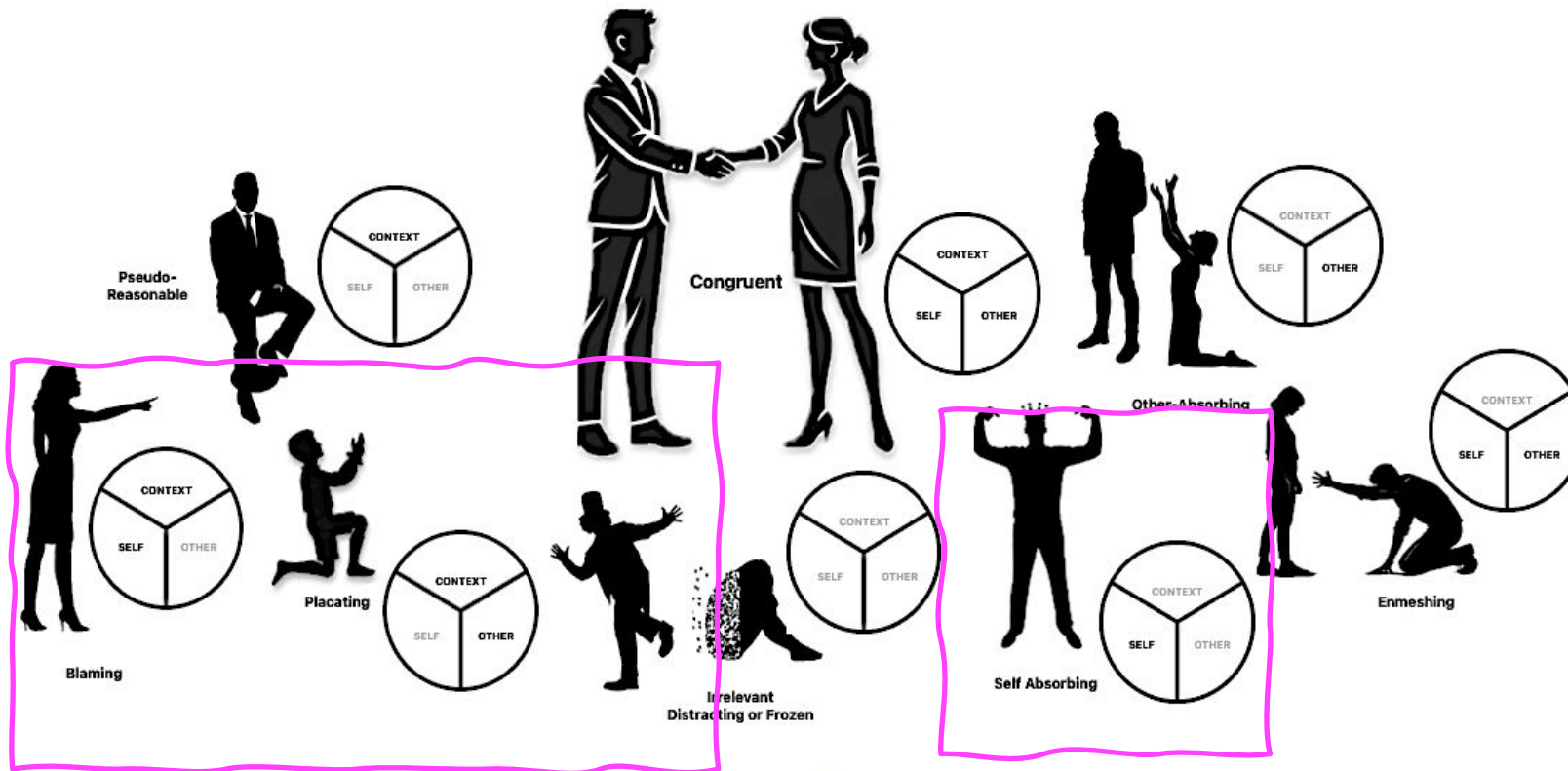
- Feels unfairly blamed.
- Says: *“Stop taking it out on us. I didn’t do anything wrong. He still has a job.”*

## **What am I feeling?**

Person	Honors Self	Honors Others	Honors Context
Dad	✓	✗	✓
Mom	✗	✓	✓
Daughter	✗	✓	✓
Son	✓	✗	✗

# HONOR – Observe Patterns (Survival Stances)

## Towards Congruence Understanding the 7 Survival / Coping Stances



Person	Honors Self	Honors Others	Honors Context
Dad	✓	✗	✓
Mom	✗	✓	✓
Daughter	✗	✓	✓
Son	✓	✗	✗

## Survival Stances

- Dad: blaming
- Mom: Placating
- Daughter: Placating
- Son: Self-absorbed

Satir (original stances), 1991  
Banmen & Argumaniz-Hardin (dependent, enmeshed, self absorbed, irrelevant frozen), 2023



(Argumaniz-Hardin, 2025)

# HONOR – Name the Social Cultural Forces Intersecting with Vulnerability

## Socio-cultural Attunement (SCA)

“...the on-going process of experiencing ... emotions around the intersection of socio-cultural contexts, i.e. gender, race, ethnicity, religion, ...” (Pandit et al. 2014)

# HONOR – Name the Social Cultural Forces Intersecting with Vulnerability

	<b>Situation</b>	<b>Emotion</b>	<b>Sociocultural Force</b>
<b>F</b>	1. Dad passed over for promotion (accent bias)	Shame, pressure to prove competence	A. Mental health stigma
<b>B</b>	2. Mom responsible for home and children's success	Anxiety, feeling overburdened	B. Traditional gender expectations
<b>E</b>	3. Dad expected to be strong provider and not show emotion	Loneliness, avoids vulnerability	C. Model minority expectations
<b>D</b>	4. Son pushes back while daughter complies	Son: frustration, Daughter: pressure	D. Cultural tension between obedience and independence
<b>C</b>	5. High expectations for achievement	Daughter fears disappointing family	E. Masculinity norms
<b>A</b>	6. Counseling viewed negatively	Daughter feels unable to ask for help	F. Workplace bias around language and race

# HONOR: Open Bridges

## **Bridge to Self: From the Voice of the Judge to the Arm of the Shepherd**

- Notice the judge.
- Be curious about the judge.
- There is no need to fight with or shame the judge.
- The Bridge to Self means asking the Shepherd to hold you, even when the Judge is still there.

# Quick Reflection

## **The Voice of the Judge**

- What does your internal judge say to you?
- When is it protective? When is it harsh?
- How does it make you feel in your body and heart?

## **The Arms of the Shepherd**

- Imagine the Shepherd holding you right now.
- What does the Shepherd whisper to you about your worth?
- Is there a Bible verse that speaks like the Shepherd's voice, a verse that reminds you of your true worth or brings comfort?
- What does it feel like to be truly held and seen?

## **The Congruent Self**

- When you allow yourself to be held, what part of the Self can breathe or relax?
- How can you show up authentically in your life from this place?

*“Your children will lose the faith.”*

*Harsh*

*Heavy heart*

*“Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.”  
— Psalm 143:8*

*Held, Comforted*

*God's got my kids. I can't control them, but they are in His hands.*

# HONOR: Open Bridges

## Bridge to Other: From Fear and Shame to Courage and Grace

### Message from the Incongruent Self

**Spoken:** "Don't speak up. Don't talk back."

**Intended:** "I want you to behave and stay safe."

**Unaware/Unspoken:** "I'm afraid you'll be judged or rejected. I feel responsible for what happens to you."

*Courage*

*Grace*

### Message from the Congruent Self

**Spoken:** "I am listening. I want to understand you."

**Intended:** "I want to guide you and keep you safe, while honoring your voice."

**Aware/Spoken:** "I notice my own fears and worries. I can stay calm and let you be yourself safely."

# HONOR: Open Bridges

## Bridge to Other: From Fear and Shame to Courage and Grace

### Message from the Incongruent Self

**Spoken:** “You have it easy.” “You don’t know real struggle.” “In my country...” “When I was your age...”

**Intended:** “To help you appreciate sacrifice and build resilience.

**Unaware/Unspoken:** My hardships still carry pain and resentment. I fear you won’t value what I sacrificed. I’m afraid you’ll waste opportunities.”

*Courage*

*Grace*

### Message from the Congruent Self

**Spoken:** “I want to share my experiences so you can understand where I am coming from. I hope you can learn from the struggles I faced.”

**Intended:** “I want to guide you and encourage resilience, while respecting your own journey.”

**Aware/Spoken:** “I notice my own fears and pain. I can share my story without blaming or shaming you. You can honor my sacrifices while making your own choices”

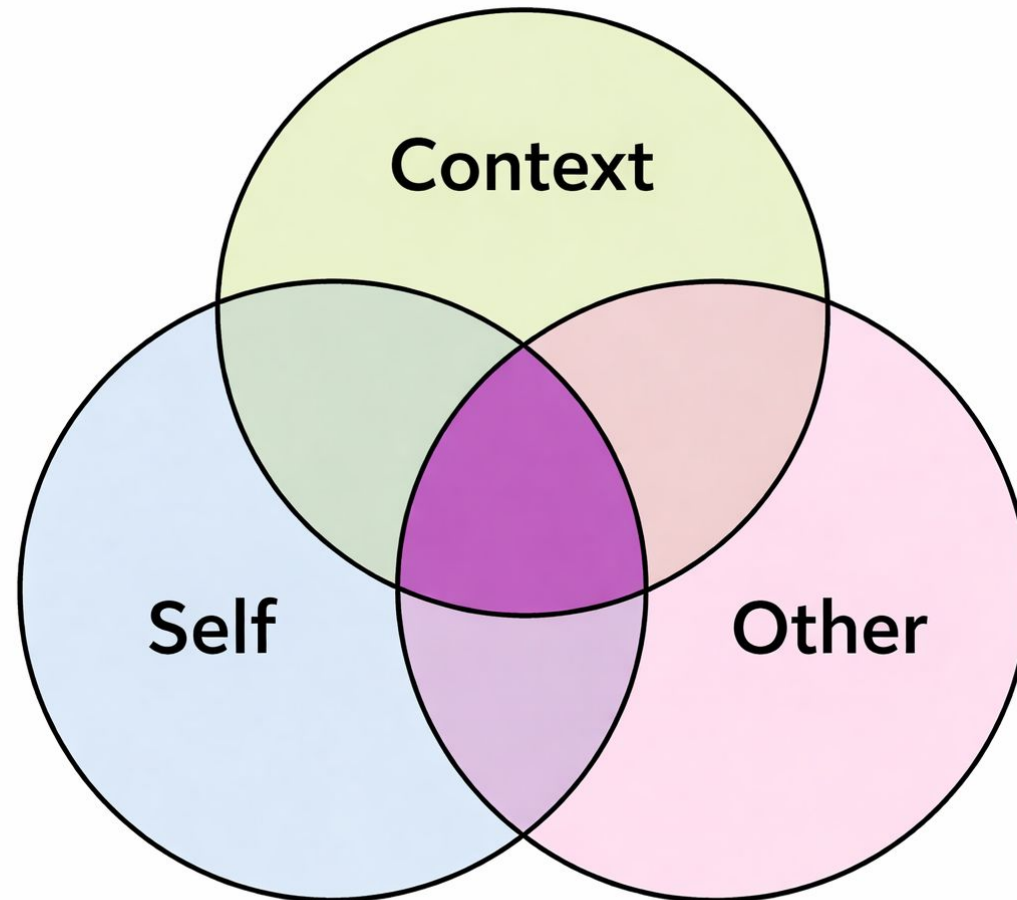
# Quick Reflection

Think of something you have said from your incongruent self, words said out of fear, shame, or stress.

- Notice what you really meant and what feelings were behind it.
- Rewrite it from your congruent self, speaking honestly with care and respect for yourself and the other person.
- Notice how it feels to speak from this place of alignment.

# HONOR: Open Bridges

**Bridge to Context: From Unshared to Shared Experience**







1. Aunt, Cousin, Cousin, Son, Mom, Girlfriend
2. Mom, Dad, Daughter, Grand daughter, Grandma
3. Son, Girlfriend, Non-Karen friend from School, Mom
4. Pastor Amy's family



Family Soccer Event,  
mixing generations on the field



- Host marriage enrichment programs
- Invite fathers and children to lead the Mother's Day celebration
- Invite mothers and children to lead the Father's Day celebration



- Celebrate graduations and take family photos together
- Reinforce these values in Sunday School, Bible studies, by creating spaces for safety and vulnerability

# Quick Reflection

What are some creative ways your church could help families cultivate shared experiences across generations?

# HONORR: Rest

- Be held in the arms of God
- Place your family and loved ones in God's care
- Trust that God will bring justice.

**I will  
give  
you  
rest.**

**Matthew 11:28**

# Quick Reflection

- What is one small way you can practice rest this week?
- What is one way you can help a family member experience rest this week?

# Family Repair through HONOR

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