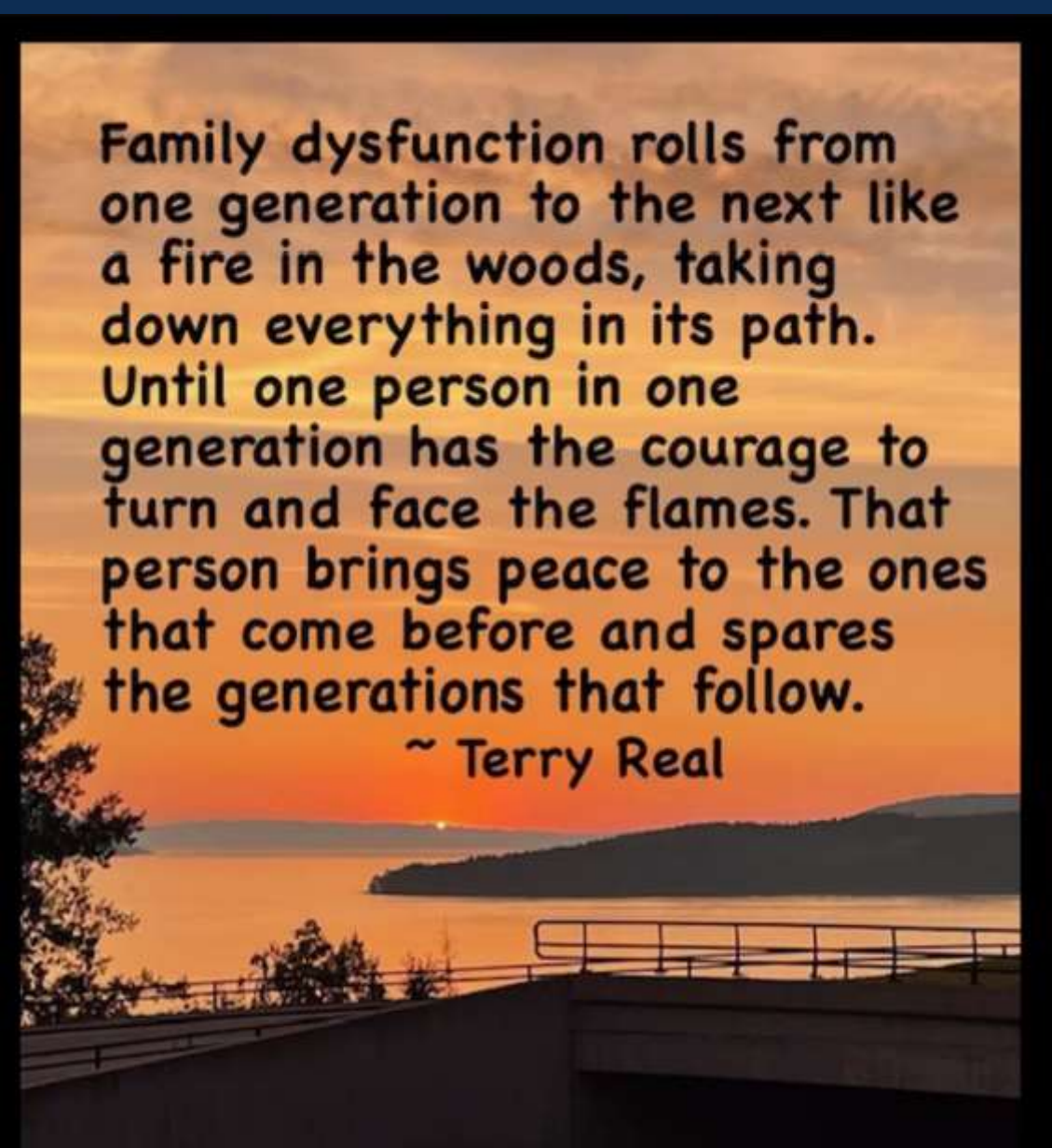


Be A Generational Hero - From Generation To Generation

Myrna Lapres
October 27, 2025



Family dysfunction rolls from one generation to the next like a fire in the woods, taking down everything in its path. Until one person in one generation has the courage to turn and face the flames. That person brings peace to the ones that come before and spares the generations that follow.

~ Terry Real

Coach Myrna, October 27, 2025
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Be a Generational Hero

Terry Real, internationally recognized family therapist, speaker, and author has said, "Family dysfunction rolls down from generation to generation, like a fire in the woods, taking down everything in its path until one generation has the courage to turn and face the flames. That person brings peace to their ancestors

and spares the children that follow." His powerful words beautifully capture what it means to break free from the grip of intergenerational trauma. The patterns we inherit from our families often shape the way we love, communicate, and connect. Yet within each of us lies the power to change that story—to become the generational hero who faces the fire, heals the past, and brings peace to both our ancestors and those yet to come.

Take a minute to reflect on the relationship patterns you grew up with—how people handled conflict, showed (or withheld) love, and dealt with emotions. These early experiences become wired into your nervous system, shaping how you react when tensions rise, especially in conflicts with your partner. In stressful moments, it's natural to default to familiar habits—even when those habits don't serve you well.

Breaking free from old patterns is an act of bravery. It means pausing when everything inside you wants to react. When your partner or child triggers you, your instinct may be to argue, withdraw, or shut down. But growth happens when you resist those impulses and take a different path—the one that leads to understanding, peace, and healing. We didn't choose the inherited patterns but with courage, we can choose how to respond to them; we can rewrite the script.

Changing your relationship dynamics isn't a one-time decision but a daily practice. Here are five steps to help you get started:

- **Awareness:** The first step is becoming aware of and notice the patterns you've inherited.
- **Pause:** In the heat of the moment, give yourself permission to pause without reacting immediately. Take a few breaths and remind yourself that you're choosing to face the flames, not add fuel to the fire.
- **Choose a New Response:** Every time you resist anger, defensiveness, or withdrawal, you're creating change. Discomfort is just a sign that growth is happening. Respond calmly, express your truth without accusation, or take a moment to breathe and regroup.
- **Seek Support:** Breaking generational patterns is hard work, and you don't have to do it alone.
- **Show yourself compassion:** What you're doing takes real courage. The road won't always be smooth, but each time you face the fire instead of

retreating, you're forging resilience and transformation.

There are many good books available to support you on your healing journey. Two Inner Child books that I recommend are: "***The Child In You--The Breakthrough Method For Bringing Out Your Authentic Self***," by Stephanie Stahl and "***Recovery of Your Inner Child***," by Dr. Lucia Capacchione. Both are available on Amazon.

If you are looking for a coach for individual or group work, please check my website: www.coachmyrna.org/coaching.html

To purchase my book on

Amazon: www.amazon.com/gp/product/B09L7KS5VH

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