Forced Relational Conditioning

A plain-language introduction • Susie Sarkozy

Forced Relational Conditioning (FRC) examines how belonging in coercive families becomes tied to performing an assigned role. Repeated expectations shape what a person feels able to perceive, express, and choose. The framework follows what happens as these adaptations become part of the family's governing order and how the family responds when someone moves beyond that role.

Scripting

A person learns the expectations that preserve closeness and begins anticipating others' reactions. The family may appear calm while belonging depends on continued role performance.

Enforcement

Movement beyond an assigned role draws coercive consequences intended to restore it. The focus shifts to what the pressure accomplishes within the relationship and whose authority it preserves.

Catastrophic Script Collapse

Repeated enforcement fails to restore the governing order. Attempts to preserve that order may become acutely dangerous, requiring immediate attention to safety.

Reading the positions

The Systems Architect establishes the governing order. The Formless Center sustains family functioning around it and may exercise coercive authority of their own. The Tethered Child secures closeness through continued usefulness; the Banished Child encounters unstable acceptance and may carry blame for wider family conflict. These positions describe functions within relationships, and a person's position may change.

FRC is a provisional theoretical framework requiring empirical investigation. Use these materials for education and discussion; individual safety and clinical decisions belong with appropriately qualified professionals.

Read the paper and inquire about consultation

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