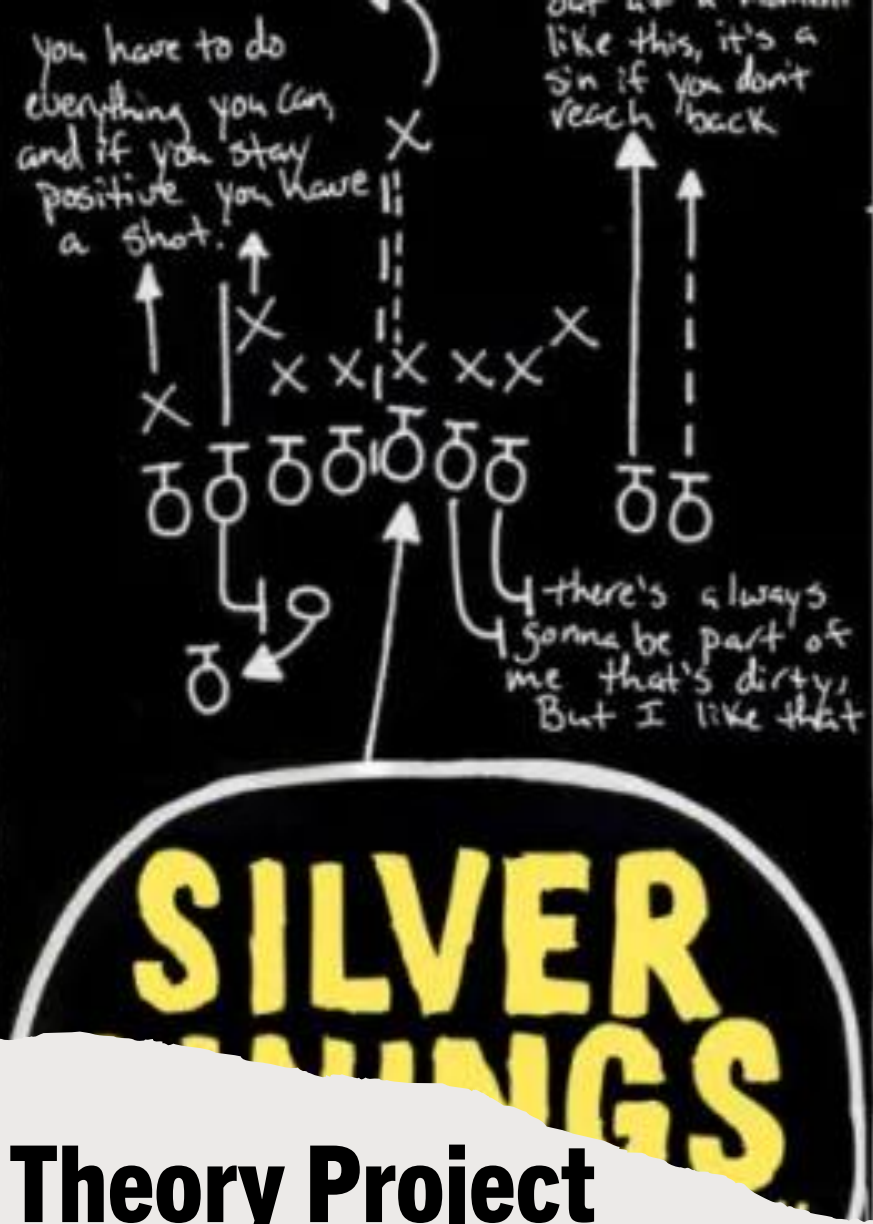




Structural Family Theory Project

Taylor Schramm

Silver Linings Playbook Plot Summary

- Silver Linings Playbook is a movie about a man, Pat Solatano (diagnosed Bipolar), who has just been released from a mental hospital for almost beating his wife's lover and fellow colleague to death (Russell, 2012). His wife, Nikki, has a restraining order against him. Yet, he believes he has worked on himself in the mental hospital and has a positive outlook on life so he tries tirelessly and obsessively to win her back. At a dinner party, he meets Tiffany, who's depression has worsened after her husband, Tommy, died. She offers to help Pat deliver a letter to Nikki in exchange for partnering with her in a dance competition. His father, Pat Sr., undiagnosed OCD with a gambling addiction, feels Tiffany is messing up the Eagles "ju-ju" because Pat is not with him during games because he is with her. His mother, Dolores, is sweet as pie but unintentionally enables dysfunctional dynamics. Pat's brother, Jake, has a superiority complex. In the end, Tiffany and Pat fall in love.

Diversity and Spirituality Factors

The Solatano's are an Italian, Christian family. Family is highly prioritized in Italian culture, where traditional gender roles and patriarchal hierarchies are emphasized (Tomasi, 1972). The Solatano family is highly warm and affectionate with one another but also completely emotionally enmeshed.

Spirituality has played a big factor in Pat's individual healing, which in turn, will lead to more productive interactions within the family system.

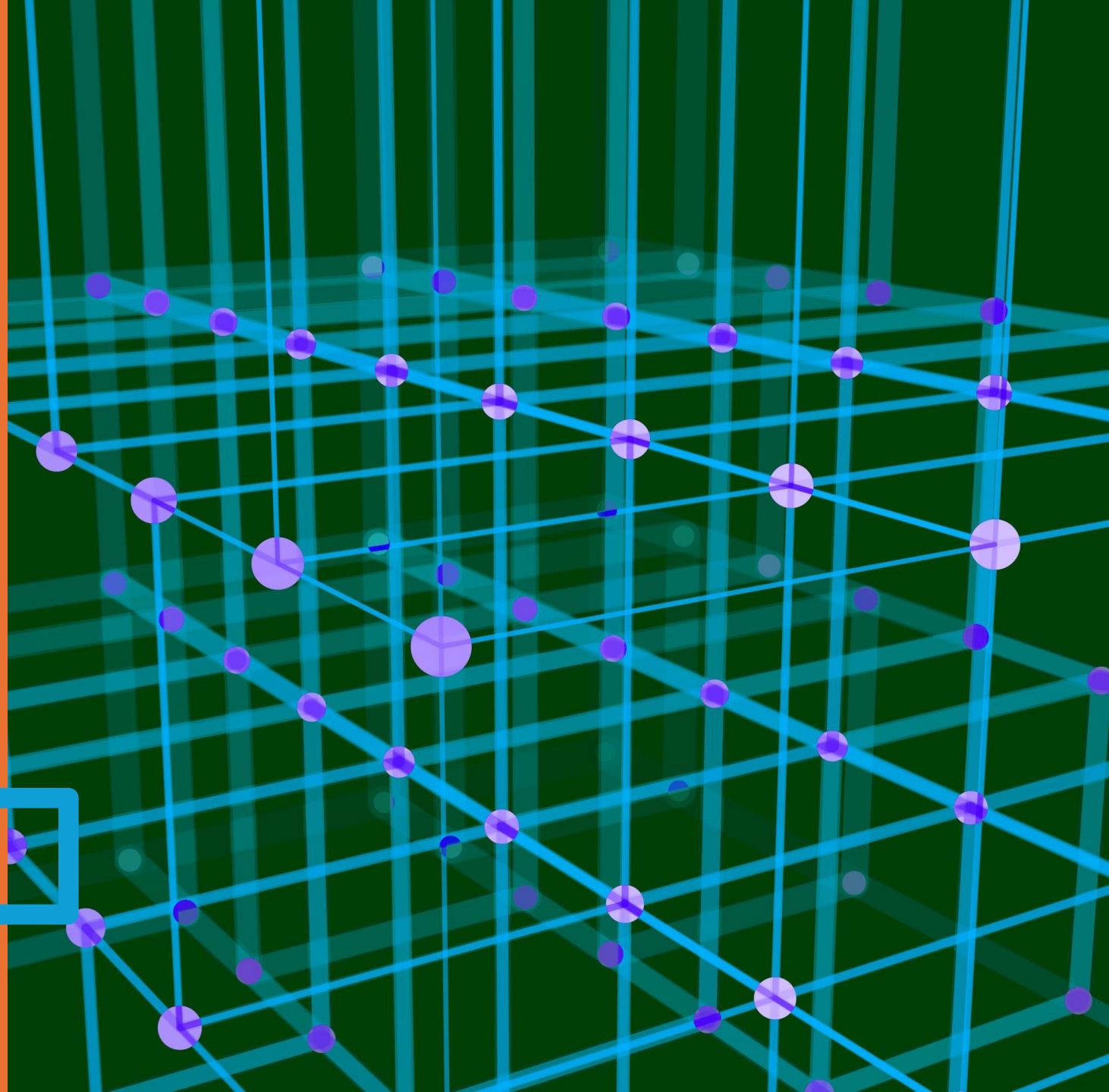
Boundaries

The Solatano family demonstrates diffuse boundaries.

Dolores is an enabler

Pat does not respect physical or psychological boundaries.

Pat Sr. is overly protective and controlling of his son.



Family Development

- According to structural family theory, the family dynamic is everchanging in response to transition from each of the four stages of family development as well as significant life events (Minuchin & Fishman, 1981, cited in Gehart, 2024).
- The Solatano family is stuck between stages 3 and 4 of family development because they are figuring out how to establish appropriate boundaries as a family with adult children.



Complementarity

- Sometimes families create complementary patterns in which members take on opposing roles that balance each other out (Colapinto, 1991, cited in Gehart, 2024).
- Although these roles are systemically generated, over time, they may appear to be unchangeable personality traits.
- Dolores is the lenient, soft parent whereas Pat Sr. is strict and authoritarian.
- Pat Jr. is the unstable, unsuccessful brother whereas Jake is seen as the stable, successful brother.



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