Qualities of Healthy Families

There has been extensive research into what makes for strong families. With all of that research, the findings have revealed what would be obvious to most: *Strong families reflect positive and healthy qualities*.

The following is a list of some qualities that could make for a strong family unit: - *Place an X next to any of the following positive qualities that you believe are present in your family:*

_____ **Loyalty and Reliability –** Faithfulness and commitment to obligations and responsibilities Strong families know that they can rely on and count on one another, especially in times of need

_____ **Positive Attitude, Outlook and Values** – Strong families are hopeful and encouraging with clear guidelines and expectations with regard to what is considered acceptable and desirable

_____ **Gratitude and Appreciation –** Family members recognizing, acknowledging and letting one another know that they are needed, wanted and accepted

_____ **Communication and Trust –** Positive families have the ability to talk to one another openly and honestly on a day to day basis, but especially during challenging circumstances

_____ **Coping and Resilience** – Strong families have the ability to pull through together during difficult situations and circumstances and to help one another cope with trials and struggles. Strong families work together to rebound and bounce back, even when unexpected tragedies or losses occur

These are not the only qualities associated with strong families. Below list some other positive qualities and strengths of your family that you can think of;

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Discussion:

➢ As a group, review and discuss your families strengths based on what you identified thus far

➢ Can you think of any specific examples when your family showed some of these strengths and positive qualities?

➢ What qualities do you think your family needs to work on?

　　o What can you do specifically, in order to help yourself and your family improve?