

## FAMILY STRENGTHS AND STRESSES

Listed below are traits most commonly found in healthy families. Of course every family is different; think about your family. Put a S by your family's 3 strongest traits and a W by your family's 3 weakest traits. Doing this exercise can help you recognize what strengths you already have and make you think about some other areas you may want to strive to improve. Go back to the ones you marked S and write down an example of something you do that helps make that a strong trait. Go back to the ones you marked W and write down something you could do to strengthen that area.

- \_\_\_\_\_ 1. The healthy family communicates and listens.
- \_\_\_\_\_ 2. The healthy family affirms and supports.
- \_\_\_\_\_ 3. The healthy family teaches respect for others.
- \_\_\_\_\_ 4. The healthy family develops a sense of trust.
- \_\_\_\_\_ 5. The healthy family has a sense of play and humor.
- \_\_\_\_\_ 6. The healthy family shares responsibility.
- \_\_\_\_\_ 7. The healthy family teaches right from wrong.
- \_\_\_\_\_ 8. The healthy family has a strong sense of kinship with many traditions.
- \_\_\_\_\_ 9. The healthy family has a balance of interaction.
- \_\_\_\_\_ 10. The healthy family has a shared religious/values/spirituality core.
- \_\_\_\_\_ 11. The healthy family respects the privacy of its members.
- \_\_\_\_\_ 12. The healthy family values service to others.
- \_\_\_\_\_ 13. The healthy family fosters table time and conversation.
- \_\_\_\_\_ 14. The healthy family shares leisure time.