

TRAITS OF A HEALTHY FAMILY

The healthy family...

1. Communicates and listens.
2. Affirms and supports one another.
3. Teaches respect for others.
4. Develops a sense of trust.
5. Has a sense of play and humor.
6. Exhibits a sense of shared responsibility.
7. Teaches a sense of right and wrong.
8. Has a strong sense of family in which rituals and traditions abound.
9. Has a balance of interaction among members.
10. Has a shared spiritual core.
11. Respects the privacy of one another.
12. Values service to others.
13. Fosters family table time and conversation.
14. Shares leisure time.
15. Admits to and seeks help with problems.

Rank your expectations of the family (1-10 -- 10 being the highest)

Discuss these with your spouse.

Discuss these with your school aged children.

Share both your feelings and your thoughts.

If the **trait** score is a "5" or below - bring a solution that may improve the family traits score.
(Write it below.)



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Traits of a Healthy Family, by Dolores Curran