

<p style="text-align: center;">Week 22, Handout A TRAITS OF A HEALTHY FAMILY</p>
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Listed below are the fifteen traits of healthy families as chosen by 551 practitioners who work with families.

A healthy family:

1. Communicates and listens
2. Affirms and supports
3. Practices and teaches respect for others
4. Develops a sense of trust
5. Plays together and has a sense of humor
6. Shares responsibilities
7. Teaches right and wrong
8. Has a strong sense of kinship with many traditions
9. Has a balance of interaction among members
10. Has a shared spiritual core
11. Respects the privacy of another
12. Values service to others
13. Fosters regular family time and conversation
14. Shares leisure time
15. Admits to problems and seeks help

How would you prioritize the traits (1 as most important, etc.)? Are there traits you think are missing in this list? Are there traits on this list you think are not as important?

IDENTIFYING OUR FAMILY STRENGTHS CHART

	Very Strong	Some Growth Needed	Much Growth Needed
1. Caring & Appreciation			
2. Time Together			
3. Encouragement			
4. Commitment			
5. Communication			
6. Adaptive Ability			
7. Spirituality			
8. Community & Family Ties			
9. Clear Roles			