



Traits of Strong, Healthy Families

Commitment: Working toward shared goals through self-sacrifice, persistence and loyalty to other family members; cultivating an environment of trust and dependability; sacrificing for the benefit of all.

Connectedness: Receiving support from and contributing to extended family, neighborhood and community, resulting in a sense of belongingness as well as accountability to others.

Time Together: Creating daily routines as well as special traditions and celebrations that affirm members, connect them to family roots and add creativity and humor to ordinary events.

Adaptability: Coping with change, balancing stable roles and traditions with flexibility to change rules and share decisions.

Respect : Having an attitude of appreciation toward each family member's special qualities; acting considerately toward all people, inside and outside the family.

Communication: Engaging in clear, open, affirming speaking and consistent, empathetic listening, leading to constructive conflict management and problem solving.

Spirituality: Believing in a higher power and acting on a value system beyond self-interest, affecting a sense of purpose and divine support in everyday and difficult events.

Cohesion: Maintaining family identity and togetherness, balancing family priorities with support for member esteem and achievement; producing strong family bonds and freedom for individual self-expression.