



How is my Family Strong?

Answer the following to the best of your ability in complete sentences. Be prepared to discuss as much as possible.

1. How does your family share meaningful experiences? Give an example of a meaningful experience your family shared together and why you felt it was meaningful.
2. Besides Mother's Day or Father's Day how do you let your parent(s) or caregivers know they are special to you and that they are appreciated?
3. You don't have to share this question with the class if you feel uncomfortable, but I'd still like you to think about it...
 - How do your parents demonstrate strength in their marriage? Is it something you'd like to duplicate in your own future marriage? Why?
 - If your parents are no longer married, think about a strength that may have helped it stay or become strong.
4. How does your family spend time together? What are some special things you do together?
List 5.
5. How would you rate your family's communication and conflict resolution skills? 1 Poor to 10 Great.

Communication Score _____ Why?

Conflict Resolution Score _____ Why?

6. How would you describe the healthfulness of your family in the following areas: poor, fair, good, excellent

- Nutrition: _____ Why?
- Rest: _____ Why?
- Exercise: _____ Why?
- Stress: _____ Why?

How could you encourage your family to improve in any/all of these areas?

7. In what ways does your family live by the “golden rule”? (Treating others as they wish to be treated.)

8. How does your family react in the event of a crisis situation? Identify a recent crisis your family experienced and briefly explain how they dealt with it.

9. How does your family let you “be yourself”?

10. How does your family “reach out and help others in need”? This can be an individual way or through a church/organization project. List two ways.

11. What makes your family laugh? Is your family more fun/relaxed or uptight/serious? Do you like the way they are or would you change them if you could? Explain.