

◇ Chapter 1
Families, Society, and You

Relationship Skills

FIND FAMILY STRENGTHS

Some people look at their family and see only what is wrong with it. No family is perfect, but all families have their strengths. A family's strengths are measured not by its ability to meet the physical needs of its members, but by its efforts to meet their emotional needs.

Directions: What do you consider your family's three most important strengths? Write your responses in the first section of the chart below. Then survey five people from different families and write their responses in the chart also. Include adults as well as younger children in your survey. Examine how their lists compare with yours. Then answer the questions on the next page.

My Family's Strengths
1.
2.
3.

Survey # 3: Family Strengths
1.
2.
3.

Survey # 1: Family Strengths
1.
2.
3.

Survey # 4: Family Strengths
1.
2.
3.

Survey # 2: Family Strengths
1.
2.
3.

Survey # 5: Family Strengths
1.
2.
3.

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Thinking About Family Strengths

1. What common themes do you see from your survey?

2. Do the lists vary by the age of the respondent? If so, how? Why might this be?

3. What three strengths do you want your future family to have? Why?

4. Select one of these strengths, and discuss how you might help bring it about.
