QUALITIES

"All families have strengths. If one looks only for problems in a family, one will see only problems."

The International Family Strengths Perspective

OF STRONG FAMILIES

- Appreciation & affection
- Commitment
- Positive communication
- Enjoyable time together
- Spiritual well-being
- Manages stress & crisis effectively

Source: John DeFrain & University Of Nebraska—Lincoln Extension

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When people across the country and around the world describe the qualities that make their family strong, these are some of the things they say.

Appreciation & Affection

- Caring for each other
- Friendship
- Respect for individuality
- Playfulness
- Humor

Enjoyable Time Together

- Lots of quality time
- Good things take time
- Enjoying each other's company
- Simple good times
- Sharing fun times

Commitment

- Trust
- Honesty
- Dependability
- Faithfulness
- Sharing

Spiritual Well-being

- Hope
- Faith
- Compassion
- Shared ethical values
- Oneness with humankind

Positive Communication

- Giving compliments
- Sharing feelings
- Avoiding blaming
- Being able to compromise
- Agreeing to disagree

Manages Stress & Crisis Effectively

- Are adaptable
- See crises as challenges & opportunities
- Grow through crises together
- Open to change
- Bounce back from stress & crisis

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