

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

*The International Family  
Strengths Perspective*

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## Qualities



## of Strong Families

- Enjoyable Time Together
- Appreciation and Affection
- Positive Communication
- Spiritual Well-Being
- Effective Stress and Crisis Management
- Commitment

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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.*

**Enjoyable Time Together**

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

**Appreciation and Affection**

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

**Positive Communication**

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

**Spiritual Well -being**

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

**Effective Stress and Crisis Management**

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

**Commitment**

- Trust
- Honesty
- Dependability
- Faithfulness
- Sharing

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