

THE NINE QUALITIES OF SUCCESSFUL FAMILIES

Communication

Family members talk to one another often, in a manner that's honest, clear, and open, even when they disagree.

Encouragement of individuals

Strong families appreciate each member's uniqueness while cultivating a sense of belonging to the whole.

Commitment to the family

Members of successful families make it clear to one another, and to the world, that their allegiance to their family is strong.

Religious/ spiritual well-being

Researchers concluded that a shared value system and moral code were common among highly functioning families. But they said these values were not contingent on membership in any denomination or frequent attendance at worship services.

Social connectedness

Successful families are not isolated; they are connected to the wider society, and they reach out to friends and neighbors in crisis.

Adaptability

Strong families are structured yet flexible, and they adjust their structure in response to stress.

Appreciativeness

People in strong families care deeply for one another, and they express their feelings often. Even if some members are not naturally expressive, they communicate their emotions by doing meaningful things for others.

Clear roles

Members of successful families are aware of their responsibilities to the group.

Time together

Members of strong families spend time together doing things they enjoy.