

Name _____

Period _____

HOW STRONG IS YOUR FAMILY?

Daily we read or hear about the breakdown of the family unit. With all of this bad publicity, it may seem impossible to raise a family successfully. However, you are capable of forming a new, strong family. This process begins by assessing your present family.

Using the rating scale below rate your family on the following factors:

- 1 = Almost Never
- 2 = Sometimes
- 3 = Almost Always

- _____ 1. I take responsibility for my actions and do not blame my family when I am in a bad mood.
- _____ 2. I try to help solve family problems instead of avoiding them.
- _____ 3. I try to show my family that I understand their feelings.
- _____ 4. My family is more important than my friends.
- _____ 5. I help plan and carry through on family activities.
- _____ 6. I keep promises I make to my family.
- _____ 7. I treat family members as I would like them to treat me.
- _____ 8. I listen and try to understand my family when they think differently than I do.
- _____ 9. I apologize to family members when I have done something wrong.
- _____ 10. I think it is important for each family member to have different strengths and abilities.
- _____ 11. I am proud of my family.
- _____ 12. I am nice to my family when my friends are around.
- _____ 13. I know what my family rules are and try to obey them.
- _____ 14. I show my family that they are important to me.
- _____ 15. I help make decisions that affect my family.

_____ TOTAL

A perfect score would be 45 points. You will not have a perfect family, no matter how good your score is. However, your score might give you an idea of the strengths your family has that you will want to carry over to your future family. It will also give you an idea of where you will need to learn new or better ways to build a strong family.