



WELLNESS WORKSHEET 34

Rate Your Family's Strengths

This Family Strengths Inventory was developed by researchers who studied the strengths of over 3000 families. To assess your family (either the family you grew up in or the family you have formed as an adult), circle the number that best reflects how your family rates on each strength. A number 1 represents the lowest rating and a number 5 represents the highest.

| | Low | | | | High |
|---|------------|---|---|---|-------------|
| 1. Spending time together and doing things with each other | 1 | 2 | 3 | 4 | 5 |
| 2. Commitment to each other | 1 | 2 | 3 | 4 | 5 |
| 3. Good communication (talking with each other often, listening well, sharing feelings with each other) | 1 | 2 | 3 | 4 | 5 |
| 4. Dealing with crises in a positive manner | 1 | 2 | 3 | 4 | 5 |
| 5. Expressing appreciation to each other | 1 | 2 | 3 | 4 | 5 |
| 6. Spiritual wellness | 1 | 2 | 3 | 4 | 5 |
| 7. Closeness of relationship between spouses | 1 | 2 | 3 | 4 | 5 |
| 8. Closeness of relationship between parents and children | 1 | 2 | 3 | 4 | 5 |
| 9. Happiness of relationship between spouses | 1 | 2 | 3 | 4 | 5 |
| 10. Happiness of relationship between parents and children | 1 | 2 | 3 | 4 | 5 |
| 11. Extent to which spouses make each other feel good about themselves (self-confident, worthy, competent, and happy) | 1 | 2 | 3 | 4 | 5 |
| 12. Extent to which parents help children feel good about themselves | 1 | 2 | 3 | 4 | 5 |

Scoring Add the numbers you have circled. A score below 39 indicates below-average family strengths. Scores between 39 and 52 are in the average range. Scores above 53 indicate a strong family. Low scores on individual items identify areas that families can profitably spend time on. High scores are worthy of celebration but shouldn't lead to complacency. Like gardens, families need loving care to remain strong.

What do you think is your family's major strength? What do you like best about your family?

(over)

What about your family would you most like to change?

INTERNET ACTIVITY

Think about some of the characteristics of your family—your current family or the family you grew up in. Are there two parents? Do both parents work? What is the total family income? If there are young children, who acts as caregiver? If married, how old were the partners at the time of their marriage? Has either partner been divorced? What is the educational attainment of family members? Were all family members born in the United States? Does the family own a home? Choose two such characteristics and determine how your family compares to the rest of the U.S. population by visiting the U.S. Census Bureau Web site (<http://www.census.gov>). You can do a search at the Census Bureau Web site, but you may find it easier to begin by clicking on Subjects A to Z and viewing the alphabetical menu of topics. (Topics include children, education, family, foreign born, home ownership, households, income, living arrangements, and marital status.)

Family characteristic #1: _____

How your family compares to the U.S. population:

Family characteristic #2: _____

How your family compares to the U.S. population: