

TEAM Pickaway County Family and Children First Council

Family Strengths/Assets Form

Youth/Family: _____ Date: _____

Family Strengths and Assets Form

What are some of the strengths and positive qualities the youth possesses? (3 minimum)

What are some of the strengths and positive qualities the family possesses?

Family/Child Assets Checklist:

_____ *Appreciation and affection.* People in strong families deeply care for one another and they let each other know this on a regular basis. They are not afraid to express their love.

_____ *Commitment.* Members of strong families show a strong commitment to one another, investing time and energy in family activities and not letting their work or other priorities take too much time away from family interaction.

_____ *Positive communication.* Successful families are often task-oriented in their communication, identifying problems and discussing how to solve them together. Perhaps even more important than this, however, strong families also spend time talking with and listening to one another just to stay connected.

_____ *Enjoyable time together.* One study of 1,500 school children asked, "What do you think makes a happy family?" Few replied that money, cars, fancy homes, television sets or Disney World made a happy family. The kids were most likely to say that a happy family is one that does things together, a family that genuinely enjoys the times they share with each other.

_____ *Spiritual well-being.* Spiritual well-being can be seen as the caring center within each individual that promotes sharing, love and compassion. It is a feeling or force that helps people transcend themselves and their petty day-to-day hassels, and focus on that which is sacred to them in life.

_____ *Successful management of stress and crisis.* Strong families are not immune to stress and crisis, but they are not as crisis-prone as troubled families tend to be. Rather, they possess the ability to manage both daily stressors and difficult life crises creatively and effectively. They know how to prevent trouble before it happens, and how to work together to meet challenges when they inevitably occur in life.

