Name: _____ Class: _____

American Family Strengths Inventory

http://www.ianrpubs.unl.edu/epublic/live/g1881/build/g1881.pdf

1. Put and "S" for **Strength** beside the qualities you feel your family has achieved.
2. Put a "G" beside those qualities that are an area of potential **Growth**.
3. Put an "NA" for **Not Applicable** beside those characteristics that do not apply to your family or are not a characteristic important to you.

Enjoyable Time Together In our family…	
	We have a number of common interests.
	We like to have fun together.
	We feel comfortable with each other.
	We like to give each other a chance to do new things.
	We enjoy hearing our grandparents' stories about the past.
	We enjoy simple, inexpensive family activities.
	We like to have a place we call "home".
	We feel strongly connected to each other.
	Hanging out together builds strong relationships.
	We have lots of good times together.
	We often laugh with each other.
	Observing family rituals and customs is important to us.
	We enjoy sharing our memories with each other.
	We enjoy having unplanned, spontaneous activities together.
	All things considered, we have adequate time for each other and we enjoy the time we share together.

Appreciation and Affection for Each Other In our family…	
	We appreciate each other and let each other know this.
	We enjoy helping each other.
	We like keeping our promises to each other.
	We like to show affection to each other.
	We feel close to each other.
	We like to be kind to each other.
	We like to hug each other.
	We enjoy being thoughtful of each other.
	We wait for each other without complaining.
	We give each other enough time to complete necessary tasks.
	We are able to forgive each other.
	We grow stronger because we love each other.
	All things considered, we have appreciation and affection for each other.

Communicating Effectively with Each Other In our family…	
	We like to share our feelings with each other.
	It is easy to cue into each other's feelings.
	We like talking openly with each other.
	We listen to each other.
	We respect each other's point of view.
	Talking through issues is important to us.
	We give each other a chance to explain ourselves.
	We enjoy our family discussions.
	We share jokes together.
	Putdowns are rare.
	Sarcasm s not generally used.
	All things considered, our communication is effective.

Valuing Each Other and Demonstrating Commitment In our family…	
	Responsibilities are shared fairly.
	Everyone gets a say in making decisions.
	Individuals are allowed to make their own choices.
	We find it easy to trust each other.
	We like to do things for each other that make us feel good about ourselves.
	We have reasonable expectations of each other.
	We allow each other to be ourselves.
	We have a high regard for each other.
	We respect the roles each of us plays in the family.
	We find it easy to be honest with each other.
	We accept that each of us has different ways of doing things.
	We build each other's self-esteem.
	All things considered, we value each other and are committed to our well-being as a family.

Well-Being In our family…	
	We have a hopeful attitude toward life.
	Our home feels like a sanctuary to all of us.
	We have a strong sense of belonging.
	We feel connections with our ancestors.
	There is a feeling of safety and security.
	All things considered, we have strong family connections that enhance our well-being.

Managing Stress and Crisis Effectively In our family…	
	A crisis has helped us to grow closer together and makes our relationships strong.
	It is easy to find solutions to our problems when we talk about them.
	It is always important to change the things we can.
	We can work together to solve very difficult family problems.
	We are able to face daily issues confidently.
	We like to support each other.
	We find it easy to make changes in our plans to meet changing circumstances.
	We have the courage to take risks that will improve things for our family.
	We feel it is important to accept the things we cannot change.
	All things considered, we look at challenges as opportunities for growth.

Global Measures of the Family's Strengths In our family…	
	We love one another.
	Life in our family is satisfying to us.
	We are happy as a family.
	All things considered, we are a strong family.

Follow-Up Questions

1. Choose three items you labeled "G" from above that you think you personally could help to improve in your family.
   a. _____
   b. _____
   c. _____
   d.
2. List three ways you think teenagers can help to strengthen the family unit.
   a. _____
   b. _____
   c. _____