



HOW DOES YOUR FAMILY RATE?

How strong is your family life? Does your family function well in today's fast-paced world? Do your family members work together to solve problems?

You might be surprised to learn the answers.

INSTRUCTIONS:

THIS REPORT CARD should be completed together with your family. For each topic, circle your family's score. Record that number to the right. Add all the numbers to find your total.

COMMUNICATION

Strong families communicate clearly, openly and frequently. Rate your family's communication skills.

0	1	2	3	4	5	6	7	8	9	10	SCORE	
<Family members keep thoughts and opinions to themselves.						Family members are always open and honest with each other.					>	

ENCOURAGEMENT

Strong families appreciate the uniqueness of each family member and create a sense of belonging for everyone in the family. Rate your family's encouragement of one another.

0	1	2	3	4	5	6	7	8	9	10	SCORE	
<Family members don't support and encourage one another.						Family members strive to develop a supportive family environment.					>	

COMMITMENT

Healthy families support each family member, and members are committed to the family as a unit. Rate your family's commitment.

0	1	2	3	4	5	6	7	8	9	10	SCORE	
<Family members don't give each other positive reinforcement.						Family members see themselves as a team.					>	

MORALS AND VALUES

Strong families are guided by morals respected by all members. Rate your family's value system.

0	1	2	3	4	5	6	7	8	9	10	SCORE	
<Family members don't discuss their morals and values with each other.						Family members discuss and respect each other's morals and values.					>	

COMMUNITY INVOLVEMENT

Successful families are not isolated; they are connected to their communities. Rate your family's involvement in the neighborhood.

0	1	2	3	4	5	6	7	8	9	10	SCORE	
<Family members are isolated from their community.						Family members contribute to their community, and can rely on neighbors and friends during a crisis.					>	

TOGETHERNESS

Healthy families like to spend their free time together. Rate your family's togetherness.

0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

<Family members don't spend their free time with each other.

Family members spend quality time together. >

SCORE

SCORE

GIVE YOURSELF 10 POINTS FOR TAKING THE TIME TO COMPLETE THIS REPORT CARD WITH YOUR FAMILY.

THE FAMILY REPORT CARD

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