

Do I Have a Strong Family?

Answer the following questions as accurately as possible. You may do this for your family of marriage or origin. Perhaps you could photocopy this quiz, have another family member take it, then discuss your findings.

1. I feel that my family is the best that it can be. Do you agree or disagree (Circle one):
- | | | | | |
|--------------------------|-----------------|-------------------|--------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 |
| <i>Strongly Disagree</i> | <i>Disagree</i> | <i>Don't Know</i> | <i>Agree</i> | <i>Strongly Agree</i> |
2. I feel that my marriage is the best that it can be. Do you agree or disagree (Circle one):
- | | | | | |
|--------------------------|-----------------|-------------------|--------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 |
| <i>Strongly Disagree</i> | <i>Disagree</i> | <i>Don't Know</i> | <i>Agree</i> | <i>Strongly Agree</i> |

- 3. T/F My family often spends time together having fun.
- 4. T/F My family often takes part in traditions.
- 5. T/F My family members communicate well. We can talk about most things openly.
- 6. T/F My family members express their feelings often.
- 7. T/F My family members respect each other's feelings.
- 8. T/F My family values working together and we often do.
- 9. T/F My family shares the experience of religion and spirituality.
- 10. T/F My family members enjoy each other's company.
- 11. T/F Each member of my family is valued and important to other members.
- 12. T/F When serious problems develop in my family we work them out eventually.
- 13. T/F My family allows for each of us to be unique.
- 14. T/F Every member of my family is committed to its well-being and success.
- 15. T/F We often express appropriate physical affection in my family (hugs, kisses, etc...)
- 16. T/F We can turn to one another when things get tough in my family.
- 17. T/F We often express verbal affection in my family (love, praise, acceptance, etc...)
- 18. T/F We often spend time together just taking it easy.
- 19. T/F Each person in my family is allowed to suffer the consequences of his or her own actions.
- 20. T/F In my family we have favorite foods which we usually eat on holidays.
- 21. T/F In my family, if things get to bad we will seek outside help.
- 22. T/F In my family we respect and maintain each other's boundaries.
- 23. T/F In my family everyone's input is considered when major decisions are made.
- 24. T/F In my family parents are clearly the leaders.
- 25. T/F In my family we give each other space when it's needed.
- 26. T/F In my family we have healthy relationships with extended family members.
- 27. T/F In my family adult children are allowed to make their own decisions.
- 28. T/F In my family everyone is supported in his or her interests.
- 29. T/F In my family we forgive each other when mistakes are made.
- 30. T/F In my family members will listen to each other and are supportive.

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Scoring this quiz: Give yourself the number of points that corresponds to the answer you put for Questions 1 & 2 (IE: if you put **4** for # 1 and **2** for #2 you get **6** points). Give yourself 1 point for each true answer in Questions 3-30, then add in your points from Questions 1 & 2. If you are not currently married then ignore Question #2. The higher your score, the stronger your family is. Strong families are not perfect families. Often families have both strengths and weaknesses. In this quiz you have been exposed to factors found in strong families. If you answered false to some of these questions. Talk to a spouse, parent, or other family member about his or her perception of the issue. What if anything could be done to improve in this area. Do the findings from this assessment accurately reflect you, your expectations, and your life experience? Why?