

Notes: Building Healthy Family Relationships

Families build relationships by:

Sharing Goals and Priorities

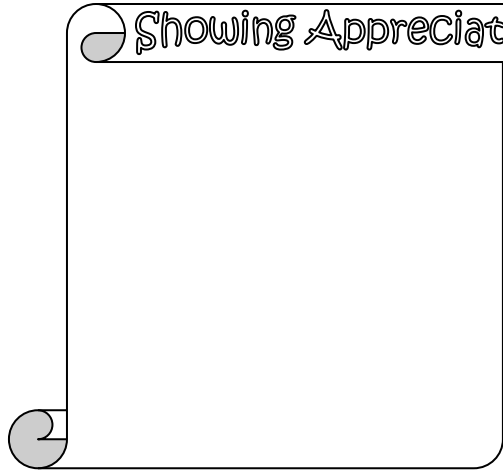
- Celebrate together when a goal is _____.
- Establish realistic expectations and set priorities.
- Families help members develop personal _____ by:
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Sharing Resources

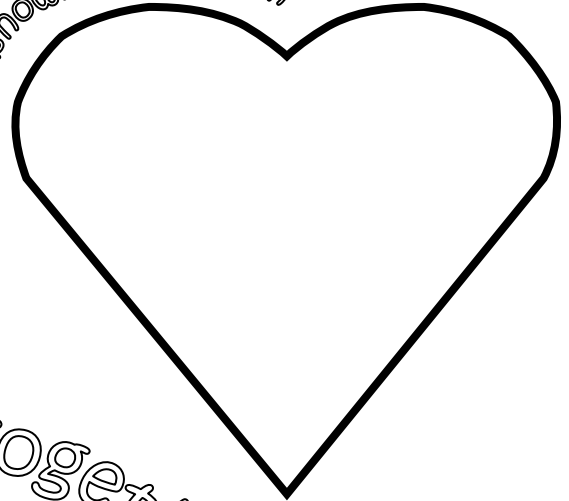
Sharing a lasting commitment



Showing Appreciation

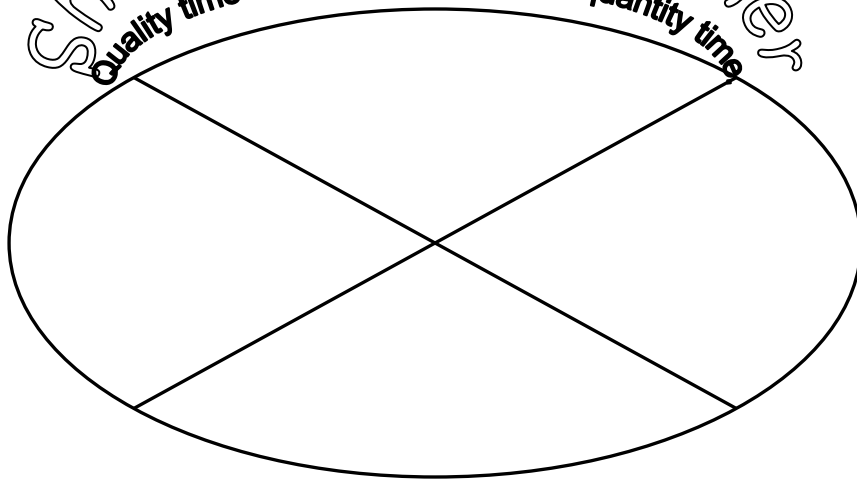


Showing Affection



Sharing Time Together

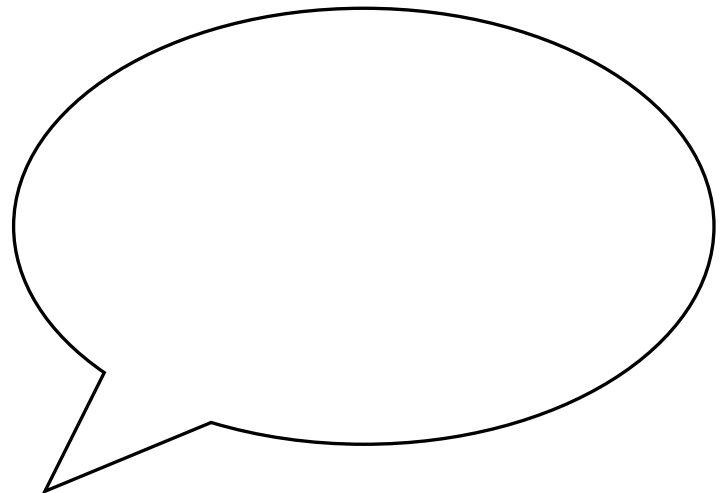
Quality time is more important than quantity time



Creative Problem Solving

- Happy families have the same number of arguments as other families, but they have spaces filled with happy times.
- It is okay

The longer you are in an argument, the harder it is to get out of it. Why?



Using Communication