

**Family Self Test:  
Six Secrets to Build Stronger Families**

The simple information below helps a family rate their own family's well-being with suggestions to strengthen the family.

ALL families have weaknesses and strengths.  
ALL families have ability to become stronger!

1. Create a table to measure each family member's input (make a copy of this page for each family member).
2. Each family member writes their own rating.

Member's ratings on each issue will vary.  
Each should feel comfortable expressing their true views.

Rate each topic below:  
1-Not Satisfied    5-Somewhat Satisfied    10-Very Satisfied

1. Write your rating on the six topics under the column "actual".
2. Rate where you'd like family to be under the "Desired" column.

Topic	Actual	Desired	Potential
Commitment to Family			
Open Communication			
Showing Appreciation			
Spending Time Together			
Ability to Deal with Stress, Conflict and Crisis			
TOTALS			

When finished:

1. Add the 'actual column' and 'desired column' and put totals on the "Total" line.
2. Subtract "actual" from 'desired' to find "potential". The total score in 'potential' suggests how much more strength your family could have by utilizing methods listed below.

Now it's time to effectively use the chart.

- Compare individual inventories.
- Discuss differences in a positive manner.
- Look closely at growth potential available to your family.
- Encourage each member to be involved in helping identify family trouble spots and the causes. For example: not spending time together, lack of appreciation, poor communication, etc. Avoid 'finger-pointing' or negative attacks on family members.
- Reach an agreement on the important areas for work and improvement in your family.
- Allow each family member to identify ways they can personally help strengthen the family. Remain positive in supporting their feedback.
- Obtain firm commitments from each member to work as a team to begin realizing your family's full potential.

When every person in a family feels needed, appreciated and encouraged, our families become sources of great involvement, happiness and support in both good and bad times we will all experience in life.

Provided by Certified Building Family Strengths Trainer:  
Clifton Fuller, LCSW, LPC, LMFT  
15303 Huebner Rd, #10, San Antonio, TX 78248  
210-404-9001    [www.CliftonFuller.com](http://www.CliftonFuller.com)

Copyright 2002. May be reproduced (in entirety, without revisions) for personal use or for use by mental health professionals in their practices or with their clients.