

## Characteristics That Promote Healthy Lifestyles in Our Families

- All members of the family belong and feel valued
- Problems are recognized and dealt with appropriately
- Communication is an accepted part of life
- Feelings are permitted to be expressed appropriately
- All family members have the freedom to express their views and be heard
- Family members seek to understand one another
- Healthy boundaries are negotiated
- Family members can agree to disagree if they have different views
- Respect for individuality is the norm
- Creativity is encouraged
- Spontaneity, love, and joy are an important part of our happiness
- Taking responsibility and accountability for own behavior is expected
- Mistakes are normal and we learn from them
- Physical, mental, emotional, and social needs are met
- Traditions, values, and other expectations are clearly communicated
- Adults are positive role models
- Abuse or neglect of any kind is unacceptable and dealt with if it exists