



5-Digit ID#: \_\_\_\_\_

Period: \_\_\_\_\_

# Healthy Family Traits Survey & Analysis

## Part 1—Family Survey

With each member of your *immediate* family (we'll define 'immediate family' as whoever you live with under the same roof *most* of the time; members do not need to be blood relatives), discuss the eight traits of a healthy family (definitions are in your notes). Each member should then rate your family on the eight traits of a healthy family (1-5; see scale below). Don't forget your own rating! Record the results below. (5pts)

**Scale:** 1—*Seldom/Poor*   2—*Sometimes*   3—*Average/Ok*   4—*Frequently*   5—*Always/Good*

**Parent/Guardian #1:** \_\_\_\_\_ **Initials:** \_\_\_\_\_

Affirmation	Trust	Commitment	Time Together	Communication	Respect	Solving Problems	Love

**Parent/Guardian #2:** \_\_\_\_\_ **Initials:** \_\_\_\_\_

Affirmation	Trust	Commitment	Time Together	Communication	Respect	Solving Problems	Love

**Parent/Guardian #3:** \_\_\_\_\_ **Initials:** \_\_\_\_\_

Affirmation	Trust	Commitment	Time Together	Communication	Respect	Solving Problems	Love

**Sibling #1:** You

Affirmation	Trust	Commitment	Time Together	Communication	Respect	Solving Problems	Love

**Sibling #2:** \_\_\_\_\_ **Initials:** \_\_\_\_\_

Affirmation	Trust	Commitment	Time Together	Communication	Respect	Solving Problems	Love

**Sibling #3:** \_\_\_\_\_ **Initials:** \_\_\_\_\_

Affirmation	Trust	Commitment	Time Together	Communication	Respect	Solving Problems	Love

**Other Member:** \_\_\_\_\_ **Initials:** \_\_\_\_\_

Affirmation	Trust	Commitment	Time Together	Communication	Respect	Solving Problems	Love

**Other Member:** \_\_\_\_\_ **Initials:** \_\_\_\_\_

Affirmation	Trust	Commitment	Time Together	Communication	Respect	Solving Problems	Love

## Part 2—Discussion Questions

In *at least* 4 complete sentences, respond to the following questions, ideally, WITH your family. Remember, lots of DETAIL and thoughtful analysis is what makes the grade...not just completion. A single sentence answer is not going to cut it! (3pts each; 15pts total)

1. What did you and your family learn/discover from each other regarding the overall health of the family in doing this assignment? Did you discover something about your family you didn't know before or expect? If so what? If not, why do you think this is?

---

---

---

---

2. Compare and contrast individual members' ratings with others' for each healthy family trait. What trends do you notice? Was there a significant difference in ratings between older family members and younger family members? Describe why you think you got the rating results that you did.

---

---

---

---

3. Based on your results and discussions, what are your family's strengths and weaknesses? Describe specific situations that illustrate said strengths and weaknesses.

---

---

---

---

4. How could you and your family improve upon weaknesses to make your family "healthier"? Cite specific examples of what you could do. (Maybe a "True to You" Project opportunity?)

---

---

---

---

5. How do you think your own personality, decision-making, achievements, interests, relationships, etc. have been influenced by the health of your family? In other words, how does your family impact who you are, what you do, how you think, etc? (Good ol' Maslow at work, again) Cite specific examples to support your reasoning.

---

---

---

---