

My Family: Priorities and Values

Name _____

Today's date _____

Rate each of the following based on how you feel right now:	NO!	no	yes	YES!
1. The welfare of my family is very important to me.				
2. I believe that all families need stability and consistency.				
3. I wish I could express myself more freely to my family.				
4. My family is truly supportive of me and my goals.				
5. It bothers me that we argue so much.				
6. I'm prepared to make sacrifices for the good of the family.				
7. I worry a lot about my family's future.				
8. Some subjects are definitely "off limits" in our family.				
9. I know my family loves me, even if they don't always show it.				
10. We often discuss problems, but nothing really changes.				
11. For a family to succeed, I believe everyone must abide by the rules.				
12. Financial problems have negatively affected our family life.				
13. I would like to be more honest and direct with my family.				
14. I think my family understands and accepts me as I am.				
15. It's hard to make yourself 'heard' in our family.				
16. Right now, I'm dealing with important issues outside the family.				
17. I am troubled by recent changes in our family.				
18. I often feel closer to my friends than my family.				
19. My happiness is very important to my family.				
20. I wish we didn't disagree so often.				
21. I am committed to acting in the best interests of my family.				
22. Our family life has become chaotic.				
23. It would be good if we could show more affection for one another.				
24. I consider ours to be a 'close' family.				
25. Sometimes I feel like our family <i>won't ever</i> change for the better.				

Family Inventory: Priorities and Values

Key:

Commitment to family-- Questions 1, 6, 11, 16, 21

Are you committed to the family, with respect for its rules and traditions?

3 responses of Agree or Strongly Agree indicates a real commitment to family welfare.

Family stability-- Questions 2, 7, 12, 17, 22

Do you regard your current family situation as stable or unstable?

3 responses of Agree or Strongly Agree suggest someone desiring a more secure, stable family situation.

Intrafamily communication-- Questions 3, 8, 13, 18, 23

Can family members communicate well enough to meet their needs?

3 responses of Agree or Strongly Agree suggests significant problems in communication that can interfere with recovery.

Nurturing-- Questions 4, 9, 14, 19, 24

Does the family encourage and support each member in fulfilling his or her goals?

3 responses of Agree or Strongly Agree suggests an atmosphere of support and trust that encourages recovery.

Conflict resolution-- Questions 5, 10, 15, 20, 25

Are members able to resolve conflicts without resentment or ill feeling?

3 responses of Agree or Strongly Agree suggests a need for help in resolving disputes and conflicts that will arise.