



Healthy Family Rules

1. Family members are supportive of each other during difficult times.
2. In our family, it is easy for everyone to express their opinion.
3. Each family member has input in major family decisions.
4. Our family gathers together in the same room.
5. Children have a say in their discipline.
6. Our family does things together.
7. Family members discuss problems and feel good about the solution.
8. We shift household responsibilities from person to person.
9. Family members know each other's friends.
10. Family members consult other family members on their decisions
11. Family members say what they want.
12. In solving problems, the children's suggestions are followed.
13. Family members feel very close to each other.
14. Discipline is fair in our family.
15. Our family tries new ways of dealing with problems.
16. In our family, everyone shares responsibilities.
17. Family members like to spend their free time with each other.
18. When problems arise, we compromise.
19. We approve of each other's friends.
20. Family members are not afraid to say what is on their mind.
21. Family members share interests and hobbies with each other.