

What are family values

Introduction

What exactly makes up a strong family that possesses good family values?

A strong family is one that sustains its members — that supports and nourishes the members throughout the span of that family .

A strong family unit creates a safe, positive and supportive place for all members to thrive. They are able to utilize resources and to live together in a fairly healthy manner.

The adults in a strong family set the tone. They are good role models that lead by example. They reach out to friends and community and teach their children the importance of doing the same -- and that becomes part of who the children are. They work together to solve problems, and they pass their skills on to the next generation. Some important elements of a strong family system are Individuality, Integrity, Industry, Knowledge, Compassion, Family, Optimism, Cohesion, Flexibility, and Communication.

Value N° 9

Flexibility- There must be a structure in a family or it will become chaotic and will not be a peaceful setting for a family. Conversely, there must be flexibility or the family becomes rigid and the authority figures become resented (bitter). We could compare a successful family to a democracy. There are leaders, but the whole group is involved in the decision making process. Although the leaders are in charge all members develop the ability to cope (deal) with stress, and at times lead. While the family works to avoid stressful situations they work together to solve problems, without blaming, criticizing and finding fault with each other. Families that tend to have a strong spiritual base seem to have a sense of well-being that facilitates this working together in times of stress.