Notes: Building Healthy Family Relationships

Families build relationships by:

Sharing Goals and Priorities

- Celebrate together when a goal is _______________________.
- Establish realistic expectations and set priorities.
- Families help members develop personal ________________ by:
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Sharing Resources

Sharing a lasting commitment

Use resources for home management by:

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Happy families have the same number of arguments as other families, but they have spaces filled with happy times.

The longer you are in an argument, the harder it is to get out of it. Why?