

# Six Major Qualities of Strong Families

What do successful families have in common? After twenty-five years of worldwide research involving over 14,000 strong families, Dr. Nick and Nancy Stinnett and Joe and Alice Beam identified six qualities that they have in common.

Members of strong families...

1. are dedicated to promoting each other's welfare and happiness. They value the unity of the family and have a high degree of **COMMITMENT to the FAMILY** as a group.
2. express a great deal of **APPRECIATION** to each other. They give a lot of positive messages to each other. They build each other up psychologically. They give many sincere compliments and express appreciation well and often.
3. have **POSITIVE COMMUNICATION SKILLS** and spend large amounts of time talking with each other. They are very good listeners. They do fight, have quarrels and conflict. They are free to express feelings; they look at alternatives to use in resolving conflicts.
4. spend a lot of **TIME TOGETHER**— quality time in generous quantities. They structure their life-style to make the time together happen.
5. have a high degree of **SPIRITUAL WELL-BEING**. They are committed to a spiritual life-style. Their belief in God gives them strength and purpose.
6. have a **SPECIAL ABILITY to COPE with STRESS and CRISES**. They keep a sense of balance by focusing on something positive about the event, such as how much they care about each other. They offer strong support to the one in crisis and see it as an opportunity for growth.

Stinnett, Dr. Nick and Nancy with Joe and Alice Beam. Fantastic Families/6 Proven Steps to Building a Strong Family. Howard Publishing Co., West Monroe, LA, 1999.