



# Building a Happy Home



## Show Your Love

Expressions of love are not just for special occasions. Each member of your family needs to see, to hear, to feel love every day.

## Stay Committed

Commitment means putting family first. It means supporting and encouraging each other in good times and tough times. Because the family is a building block for the larger community, commitment learned at home has effects beyond any one household.

## Act with respect

- ✓ Accept one another as individuals.
- ✓ Respect your own and others' feelings.
- ✓ Listen. Really listen.
- ✓ Be honest with yourself and others.
- ✓ Don't assume a loved one can automatically recognize your needs.
- ✓ Express appreciation, rather than taking things for granted.
- ✓ Expect to work at your relationships.

## Be supportive in Crises

Every home knows some dark times. Family members need to offer each other as much practical and emotional support as they can. Turn to friends and professionals, and rely on God's strength.

## Learn to Forgive

Set a good example, don't harbor grudges, apologize, and reinforce a child's efforts.

## Listen, Speak, Share

Honest, open communication is essential in intimate relationships. Be clear, direct, and non-abusive.

## Value Prayer and Spirituality

Discussing spiritual matters, attending religious services, and praying together offer a chance to acknowledge dependence on God and to enjoy his presence.

## Beat the Clock

Time together is precious in every home. Loved ones need our time... and we need time for ourselves, as well.

## Celebrate Rituals, Traditions

Family rituals allow children to discover an identity in the family and outside of it, to experience feelings of belonging.

## Enjoy Your Life Together

Sharing playful, pleasurable, joyous moments with the people we love is delightful in itself. It also creates closeness upon which to draw during the inevitable times of stress.