

Family Statements

Directions:

Use the Family Statements handout to begin to identify your family's values and strengths and come up with a family "silver lining statement". First, begin with the list of family statement prompts by inviting each member to contribute their suggestions. This is an interactive

activity, so discussion about each of the statement prompts should be encouraged. You can include more than one answer if there are several from each family member and it is difficult to choose. After working on the family statement prompts, your family can create a family "silver lining statement" as a unifying motto for your family's strengths.

This will serve as a positive reminder of how you have managed through challenging times and will continue to do so. Perhaps the statement summarizes how your family will continue to move forward based upon the strengths you possess together. The statement can be posted on the fridge or bathroom mirror - anywhere it will be visible.

