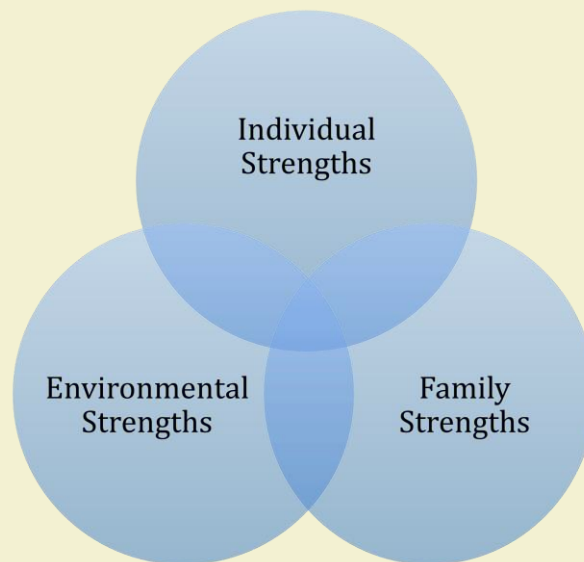




## Family Strengths Inventory

*(Developed by the University of Nebraska-Lincoln and adapted by Dr. Amy Stoeber)*



When we identify strengths of a child, we give them knowledge of the tools that they own, help them use those strengths, and build new ones.

### **How do we identify strengths in children and families?**

1. Ask them
2. Observe them
3. Name the strength
4. Help them grow in that strength and build new ones

### **Examples of Individual Strengths**

- **Relationship:** To be a friend and relate well with respect, empathy, compassion
- **Optimism:** Expecting a positive future
- **Flexibility:** Ability to change in order to cope with situations
- **Competence:** Being good at something
- **Perseverance:** Not giving up
- **Creativity:** Personal expression and problem solving
- **Spirituality:** Personal faith in something greater
- **Character:** A clear sense of right and wrong and a desire for justice
- **Humor:** A positive coping mechanism which combats stress
- **Independence:** The ability and strength to avoid following unhealthy people or situations



## Examples of Family Strengths

- **Routines and Rituals:** We have routines that we can count on and rituals we honor
- **Communication:** We respect each other's thoughts and opinions.
- **Mutual Respect for Each Other:** We respect each other as individuals.
- **Value of Member Strengths:** We each have inherent strengths that we contribute to the whole.
- **Recognizing/Celebrating Successes in Our Family:** We notice when we've had accomplishments and celebrate those with each other.
- **Celebrating Our Culture:** We have a strong sense of culture and/or ethnicity that we celebrate.
- **Shared Family Goals/Family Loyalty:** We know our common goals and values as a family and we express loyalty to each other.
- **Managing Crises Together:** We manage crises fairly well and stick together through tough times.
- **Spiritual Well-being of Family:** We have a sense of spirituality or religion that our family practices together.

## Examples of Environmental Strengths

- **Strong parental figure**
- **A supportive adult:** Family member, teacher, community worker
- **A reliable group of friends:** Knowing that someone is on my team
- **Connection:** With peers, in school, in community
- **Contribution:** Service to others in words or deeds, altruism
- **School/Academic Strengths**
- **Strong cultural identity and ethnic pride**

## An Exercise for Patients and Families: The Family Strengths Inventory

The University of Nebraska-Lincoln developed [the American Family Strengths Inventory](#), a teaching tool for generating discussion on the qualities that make a family strong. The inventory is designed to help families discuss and record the qualities that make them strong and develop a plan to strengthen those they want to improve.

The Family Strengths inventory encourages families to celebrate their strengths and recognize positive characteristics, even during difficult times. When families celebrate current strengths, and make a plan to improve or increase others, it builds resilience!