

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.

Family Statements

Our family is strong because...

Our family is unique because...

The best thing about our family is...

Our favorite thing to do together is...

Our family really knows how to...

One thing our family has learned is...

One thing our family teaches other people is...

Our family has overcome challenges by...

Our family shows kindness by...

Our family shows honesty by...

Our family shows love by...

Our family believes...

We love our family because...

Our Family Silver Lining Statement

Although our family has experienced challenges and changes, we view this as positive because together we are:

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... and we hope and plan to ...

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