

# Family Strengths Inventory

Identify and build on what is already working in your family system — strengths are the foundation of sustainable change.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Clinician: \_\_\_\_\_

**Purpose:** Strengths-based family work recognises that every family system has assets — even families going through significant difficulty. This inventory helps you identify and build on what is already working, as the foundation for sustainable change.

## OUR FAMILY'S STRENGTHS

	Never	Rarely	Sometimes	Often	Always
Our family communicates openly, even when it is difficult	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We show affection and express love to each other	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We support each other through hard times	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We have shared values that guide our family	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We celebrate each other's achievements and milestones	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We recover well from conflict — we repair	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We spend meaningful time together	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Individual family members feel seen and known by others	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We are able to ask for and accept help	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Our family has a sense of humour — we can laugh together	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BUILDING ON OUR STRENGTHS

The strength I am most proud of in our family:

---



---

A difficult time our family got through together — and what it shows about us:

---



---



---

Strengths from our family of origin that we have carried forward:

# Family Strengths Inventory

*Identify and build on what is already working in your family system — strengths are the foundation of sustainable change.*

---

---

**The strength we most want to develop as a family:**

---

---

**One concrete step toward building that strength:**

---

---