



Rosario Counseling & Associates October 2012 E-News



Joy Tanner, MA, LPCA

Resources

[How to Really Love Your Child](#)

Ross Campbell

[Shepherding A Child's Heart](#)

Tedd Tripp

www.familylife.org

www.focusonthefamily.com

Rosario Counseling & Associates

809 Spring Forest Rd, Suite 1000

Raleigh, NC 27609

(919) 649-5882

www.rosariocounseling.com

Emotionally Healthy Families

Every family shares common experiences and history. Unfortunately, many families have difficulty functioning as a family unit when rough patches occur. The good news is that families can learn to function well by examining their emotional health and learning new ways of relating to one another. Multiple characteristics must be taken into consideration when evaluating the emotional health of a family.

Emotionally healthy families share a common identity and are united by common experiences while respecting one another's *boundaries*. Family members are unique individuals with clearly defined roles; however roles and expectations are not rigid. *Freedom of expression* allows members to speak freely without fear of retaliation or punishment. Healthy families have lively discussion and accept one another's differences without withdrawing love. Consideration of family member feelings and opinions promotes *intimacy*. In contrast to one member acting as authoritarian, children feel secure when parents partner to guide and discipline their children. In single-parent families, this *parent-guided approach* is also critical.

Warmth, joy and humor are found in emotionally healthy families. Humor and playfulness are important bonding elements that communicate unconditional acceptance. Shared happy experiences allow members to feel completely at ease, helping to balance the serious sides of life. During times of conflict or stress, healthy families display *organization and negotiating skills*. Tasks run smoothly with little stress, there is a spirit of camaraderie, and there is room for discussion in times of negotiating.

Parents who model their faith and train their children regarding spiritual and moral principles create a strong foundational *value system*. Members see value in belonging and find higher meaning in life through value systems. Families who pray and study the Bible together cultivate closeness and develop Godly character.

Peterson, G. (1996) Six Concepts Related to Family Structure

If you feel that you're family struggles with its emotional health, Rosario Counseling & Associates can help you with healthy communication skills, compromise, and conflict resolution. To schedule an appointment call our office at (919) 649-5882.