

Our Family

Values:

Important and lasting beliefs or ideals shared by the members of a family about what is good or bad and desirable or undesirable. Values have major influence on a person's behavior and attitude and serve as broad guidelines in all situations.

List three values that are important in your family:

1. _____
2. _____
3. _____

Rules:

Family rules form a non-negotiable code of conduct to which all members must adhere. Rules should be simple and universal. Breaking a rule leads to a pre-determined consequence.

List three rules you think should be enforced in your family.

1. _____
Consequence: _____
2. _____
Consequence: _____
3. _____
Consequence: _____