



# 7 Golden Rules for a Happier Family, (Just remember the acronym CREATOR)

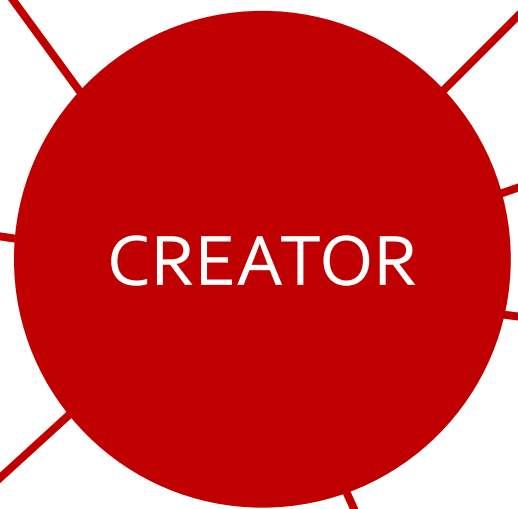


**Communication:** Each Family member is able to openly express their thoughts, needs, feelings and views without fear of being judged or not accepted. In such families there is no room for secrecy and there is a healthy sense of safety, belonging and feeling of security. Family members feel listened to and valued.

**Respect:** Each person brings a different quality, skill and characteristics to the family and therefore it is crucial the family environment promotes respect for one another. Each person is valued and treated with respect. Family members validate and value each other and don't put each other down.

**Resiliency:** A healthy family has emotional resiliency, they don't blame one another, but they communicate effectively and develop coping strategies. They create solution to their difficulties by being patient, having an open dialogue and by sharing their feelings

**Empowerment:** Family members need to receive encouraging and nurturing messages from each other affirming they are loved, valued, protected and are capable of achieving their dreams.



**Acceptance:** Family members know they are valued and appreciated as individuals within the family unit. Family members are non-judgemental and accept differences in opinions and views.

**Organisation:** There is a leadership structure within the family and both parents are positive role models.

**Task Allocation:** Clearly defined expectations are crucial, in which each family member knows their roles and duties. Support and guidance are offered to enable the family member to complete the assigned task.

