



Family Well-Being Self-Assessment

This tool helps you reflect on the health, happiness, and strength of your family relationships. Rate each statement honestly based on your current reality. Use the scale below to guide your responses:

- 5 – Strongly Agree
- 4 – Agree
- 3 – Neutral
- 2 – Disagree
- 1 – Strongly Disagree

1. Relationships & Connection

- We regularly spend quality time together as a family.
Rating: _____
- Family members feel close and connected to each other.
Rating: _____
- We celebrate milestones, achievements, and special moments.
Rating: _____
- Everyone feels valued, heard, and appreciated.
Rating: _____

2. Communication

- We communicate openly and respectfully.
Rating: _____
- Conflicts are resolved calmly and constructively.
Rating: _____
- Each family member can express their thoughts and feelings without fear.
Rating: _____
- We listen to each other with empathy and attention.
Rating: _____

3. Traditions & Rituals

- We have shared traditions or routines that bring us together.
Rating: _____
- Family meals or gatherings are a regular part of our week.
Rating: _____
- We share stories, memories, and our family history.
Rating: _____
- We make time for fun and recreation together.
Rating: _____



4. Support & Resilience

- We help each other in times of need.
Rating: ____
- We adapt well to changes and challenges.
Rating: ____
- Forgiveness is practiced when mistakes happen.
Rating: ____
- We express appreciation and gratitude regularly.
Rating: ____

5. Balance & Well-Being

- Work, school, and personal commitments do not overwhelm family time.
Rating: ____
 - We maintain a healthy balance between individual and family needs.
Rating: ____
 - Stress is managed well within our home.
Rating: ____
 - Healthy habits (nutrition, sleep, exercise) are encouraged.
Rating: ____
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Scoring & Reflection

1. Add up your ratings for each section to see which areas are strongest and which may need attention.
2. Maximum score per section = 20 points. Total maximum score = 100 points.
3. Use this guide:
 - 85–100: Excellent – Your family relationships are strong and healthy.
 - 70–84: Good – There are a few areas to improve, but overall your family is doing well.
 - 50–69: Fair – Focused attention is needed to strengthen certain aspects.
 - Below 50: At Risk – Consider taking intentional steps to rebuild and reconnect.

Reflection Questions:

- Which section had your highest score? What are you doing well there?
- Which section had your lowest score? What changes could improve it?
- Are there specific family traditions or habits you'd like to start or restore?
- Who in your family might benefit most from more intentional time, attention, or support?