The Healthy Family Wheel

Spiritual Development
Personal relationship with God. Family activities and expressions. Individual worship. Spiritual training for children

Appropriate Touching
Valuing through non-sexual hugs. Ability to express the need to be touched,frequency and extent.

Proper Bonding
Emotional support. A composite of two perceptions allowing for individuality, yet creating a new reality called "we."

Economic Cooperation
Mutual conset for major spending. Open communication on financial matters, great or small.

Respect of Property
A respect for the relationship, her property, his property, and mutual property with regard to individual property of each of the children.

Appropriate Social Behavior
Acceptable public displays of affection. Checking first before making commitments for both. Being structured and scheduled vs. spontaneous.

Appropriate Individuality
The right to personal space, personal interests, activities, friends, decisions, growth, and to decline dislikes.

Respectful Requests
To be able to identify and communicate needs and desire without the fear of rejection.

Rearing Healthy Children
Mom loves dad, dad loves mom, children are safe and secure. The famiy communicates and is involved in recreation. Individuality is encouraged. Feelings are allowed.

Appropriate Communications
All family members have a right of expression. The ability to talk and know that you are heard. Understanding the importance of tone of voice and body language in expression and lisenting skills.

Equitable Responsibilities
Sharing tasks. Developing mutually enjoyable activities. Accessible for help when needed. Committment to specific shared times.

Healthy Sexual Relationship
Communicating with each other about needs, peferences or desires. Respecting each other's inhibitions due to previous trauma. Each having the right to initiate or decline without fear of rejection.