

HEALTHY INDIVIDUALS

Available

- Fully present
- Able to act
- Service-minded
- Accessible
- Committed
- Self-aware

Responsive

- Receptive
- Sees the whole person
- Aware of core issues
- Intentionally responsive to other's emotions
- Sensitive
- Empathic

Secure

- Clear boundaries
- Safe, free from danger
- Predictable
- Genuine emotional connection
- Differentiation of self
- Accountable
- Takes personal ownership
- Willing to repair relationships
- Honest

Adapted from Alignment & Attunement Therapy by The Family Intensive Institute with permission.

HEALTHY PARTNERSHIPS

- Trust & commitment are actively cultivated
- Love, companionship, & interdependence blossom
- Mistakes are okay, admitted, repaired & forgiven
- Mutual support is expected & fostered
- Rigorous but compassionate honesty is valued
- Relational ethics govern all interactions
- Active listening & presence are practiced
- Partners learn how to be resilient together
- Each partner works on healing their childhood wounds
- Time, attention, & nurturing are given to meet other's needs
- Partners continue to learn how to be good humans & parents
- Parents are self-disciplined disciplinarians
- Parents model healthy, functional relationships
- Operate from a mutually agreed upon family code
- Honor & care for the elderly

HEALTHY FAMILY SYSTEMS

- Members function fully
- Relationships are fully functional
- Spirit of cooperation is fostered & expected
- Individuation is expected, valued, facilitated & supported
- Focus is on growth, not just survival
- Emotional needs are met
- Balance between autonomy & dependency is fostered
- Sexual identity development is facilitated
- Members feel valued & develop positive self-worth & esteem
- Character, values & morals are formed purposely
- Foster self-worth, self-love & self-acceptance
- Developmentally appropriate structure is provided
- Offer healthy levels of touching, mirroring & affection
- Provide ample recognition & affirmation
- Appropriate physical, emotional, intellectual, & spiritual boundaries exist
- Boundaries flex to allow for self-actualization & development
- Assertiveness communication is primarily taught & used
- Disagreements & conflict stay in the here-and-now
- Shame, judgment & blame are avoided
- Compassionate feedback is taught & expected