

Good and Bad Qualities of a Family

Student's Name

Institution Affiliation

Date

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Studies conducted around the globe indicate that healthy families have diverse qualities that have an impact on the wellbeing of their members. Families encounter various challenges (Clark-Jones, 2018). How a family reacts to the problems is of great importance since challenges can either bring its members close together, or cause conflict. Some families get better equipped to face various challenges as compared to others. Such families start to perform better. The initial step in uniting of a family is by gaining an understanding of the areas the family is doing well in and those areas that need closer attention to yield improvements. The signs of good qualities or bad qualities in the family are much determined by how the family members make approaches to the various issues that face them (Clark-Jones, 2018). The paper explores good bad qualities a family has.

#### **Good Qualities**

##### Deep Commitment Towards Each Member

People from a healthy family face challenges; they disagree and at times, are in trouble just like anybody else; at times, they have no job, and struggle to make ends meet. When the circumstances become strenuous and unpleasant, or when disappointments from other parties bring them down, they do not give up. The dedication towards each other remains strong, and they stay committed to each other during the good and the bad times. Their relationships are not influenced by changing circumstances. Commitment among family members is, therefore, an indicator of a perfect family (Sweat, n.d).

##### Spending time together

Family time can be challenging at times because of various circumstances, the children are at school, the parents are in their workplaces, and everybody else is busy. Good families always

get time for each other to share. Spending time together is a sign that each member of the family regards the other with value and care. As a result, members of the family get more connected, therefore, building and strengthening family bonds. Sharing meals, playing games, watching sports are some of the activities that can be shared during family time (Sweat, n.d).

#### Constructive Communications

A right family takes much time and engages in conversation with each other. They share their feelings, opinions, and also their concerns. During the conversations, various topics can be introduced, such as weekend plans, incidences that happened at school or work, and other important life issues. In addition to that, good families work towards improving communication skills through learning to keep an open and honest talk while still talking lovingly. Good communication skills among family members bring about respects for each other (Sweat, n.d).

#### Expressions of Appreciation

Members of a right family keep on appreciating each other. Appreciation can get expressed through words, or actions. Through acknowledgments, family members feel motivated, and that helps to create positive behaviors towards the fellow family member. Appreciation also helps to build confidence. (Sweat, n.d).

#### Members of the Same Family Look for Each Other

Individuals of a healthy family always put into consideration how other members will get influenced while carrying out crucial decisions. When we treat our family members the way we would hope and expect to get treated, our families would be in the right direction. We should always strive to create an environment in which every other member of the family feels loved and inspired while working for the benefit of the family. At times that implies making personal sacrifices purposefully for supporting and encouraging the other person (Sweat, n.d).

### Conflicts get Settled Constructively and in Appropriate Time

At times, one may offend the closest members of the family and hurt their feelings. It is usual for understanding among the family members to go down at times. If the involved members do not solve the issues with time, bitterness and grudges are likely to set in. Both communication and respect start to dwindle while trust fades away, thereby breaking unity of the family. When blunders arise in a healthy family, conflicts get addressed quickly, and the offender gives an apology for the mistakes (Sweat, n.d).

### **Bad Qualities**

#### Lack of communication

Individuals from a lousy family do not know how to engage in open conversations with each other, and that brings about communication problems. Issues that require great attention get not discussed, and the conducive environment that could encourage discussions get never created. There is a likelihood of random shouts and fights to arise. A family member does not try to listen to the other in an attempt to solve the disputes (Arora, 2018).

#### There is no Empathy

A dysfunctional family has very little or no empathy to each other which makes children lose good feelings about themselves. Conditional love disappears, and issues get subjected to behavior modification even when it is unnecessary, even when there are just minor mistakes from the child (Arora, 2018).

#### Prone to Addiction

Some children have been brought up by parents who are addicts of drugs such as tobacco and alcohol. When they grow up, they start taking alcohol and cigarettes, and the same gets passed on to their families. That is a bad quality and should not get condoned because they undermine the

integrity of families. Addict members are also at risk of illnesses such as cancer that get associated with cigarettes. (Arora, 2018).

#### Controlling Behavior

That is one of the bad qualities a family can have. Some parents can constantly control the lives of their children. As a result children fail to secure the right environment that would nature their growth. The repercussion of too much-controlled action in children is the development of self-doubt (Arora, 2018).

#### Violence and abuse

Bad families have members who are violent and always willing to create tension within the family. The behavior mainly aims at controlling the actions of a family member primarily through fear. Anybody can fall victim to family violence regardless of age, religion, wealth, location, etc.. Examples of family abuse include physical abuse when a family member uses physical force that may bring injuries to their fellow member, emotional abuse, which can either be verbal or nonverbal, and sexual violence such as rape (Arora, 2018).

#### Lack of emotional support

A lousy family lacks emotional support among its members. Children are deprived of space so that they do not express their emotions clearly and positively, in the way they should. The child mainly grows up with feelings of isolation and loneliness without support from their parents (Arora, 2018).

#### Absence of independence and privacy

Bad families have parents who disrespect the privacy of the children. The parents also ensure the children do not make decisions on their own which is achieved through regular checkups to discover what they are doing. That provides an honest communication (Arora, 2018).

### Criticism

Children who get raised in a lousy family are always disapproved of their capabilities by their parents. That could be happening because the parents have a deep concern about what happens to their children. Criticism to children brings about depression and a feeling of low self-esteem (Arora, 2018).

To sum up, a right family has members with a deep commitment towards each other, members of the family make time to each other and share good time together; engage into a constructive conversations, express appreciations for one another, look for each other, and settle disputes constructively. On the other hand, a lousy family lacks communication and empathy, its members are prone to drug addictions, some members exert controlled behaviors over others, require emotional support towards each other; there is also a lack of privacy and independence, and lastly, there is criticism. The family is regarded as a basic unit of a social system. A successful family relationship always gives strength to the community, and future generations get enriched. To protect society, we have to safeguard our families first.

## References

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