

14/1

HOW TO BRING YOUR FAMILY CLOSER TOGETHER

Distributed by Minnesota Extension Service
University of Minnesota

You can learn how to bring your family closer together by reading and answering some questions in this booklet. While doing this, "You may discover family strengths you weren't aware of and identify areas that need work," according to Dr. Art Ulene, of the NBC *Today* show. This booklet, originally produced to accompany a television feature, can now be used separately to promote better family relationships.

Begin by measuring your "family wellness" on the scales developed by Dr. David H. Olson, professor of Family Social Science, and his associates at the University of Minnesota. This booklet shows you how to record the scores of each of your family members on a chart and interpret the results. This is called your "wellness profile."

Use this information to open the lines of communication between family members. A family discussion will give everyone a chance to express his or her feelings about the "wellness profile." You can identify your family's strengths, talk about the problem areas, and discuss ways to make improvements. When there are disagreements, the booklet tells how to solve family problems without fighting.

This problem-solving skill can be applied to a wide range of issues: from setting family rules to managing family finances, from planning a family move to deciding on a family vacation.

If you find that your family needs outside help, the booklet can be a source of referrals and suggestions about where to seek qualified professional counseling.

This publication was originally in the *Family Circle* magazine and supported a national television program.

The information given in this publication is for educational purposes only. References to commercial products or trade names is made with the understanding that no discrimination nor endorsement is implied by the University of Minnesota.

Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Patrick J. Borich, Dean and Director of Minnesota Extension Service, University of Minnesota, St. Paul, Minnesota 55108. The University of Minnesota, including the Minnesota Extension Service, is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, religion, color, sex, national origin, handicap, age, or veteran status.

JUL 3

From TV's Dr. Art Ulene HOW TO BRING YOUR FAMILY CLOSER TOGETHER

TEAR OUT & SAVE



CONTENTS

PART ONE

MEASURING "FAMILY WELLNESS"

What Is A "Wellness Profile"?	3
How's Your Relationship?	4
Are You in Tune With Your Partner? The Couple Satisfaction Scale	4
How Well Do You Share Your Thoughts and Feelings? The Couple Communication Scale	5
How's Your Family?	6
How Well Do You Cope with Stress? A Stress Scale for Couples and Families	6
How Close Is Your Family? The Family Satisfaction Scale	7
Does Your Family Listen to Each Other? The Family Communication Scale	7

PART TWO:

YOUR FAMILY'S "WELLNESS PROFILE"

Charting Your Wellness Profile	8
Interpreting Your Wellness Profile	9
Discussing Your Wellness Profile	9

PART THREE:

WAYS TO ENHANCE YOUR FAMILY LIFE

How to Solve Problems Without Fighting	10
How to Find Help	11
Resources	12



Dear Reader:

How well does your family adapt to change? How supportive are you of each other? Do you communicate effectively? All of these questions are important to your family's health, and this booklet will help you answer them.

Take time to read it and answer all the questions. You may discover family strengths you weren't aware of and identify areas that need work. You'll learn some specific techniques for solving problems and avoiding unproductive family quarrels. You'll find out where to get help if you need it. And, if you just want to make a good life better, there's a list of resources for you to read and use.

If your family has problems, do not ignore them. They won't go away by themselves, and the earlier you start to work, the easier it is to find solutions.

This booklet is meant to complement the 20-part Family Health Month Series on NBC's Today program, which runs October 1-26 (7 A.M. to 9 A.M.). Watch as often as you can and use this booklet to determine your Wellness Profile. We promise you it will be an interesting and worthwhile experience.

We'd like to thank Dr. David H. Olson, Professor of Family Social Science at the University of Minnesota, and his associates, who developed the tests on which this booklet is based and provided much of the information that appears in the television series. We also want to thank Bristol-Myers Products and the Kellogg Company, whose support made the printing of this booklet possible, and the editors of Family Circle for their cooperation.

Best wishes to you and your family for good health always.

Art Ulene, M.D.

Introducing Nuprin.™ Its pain relieving medicine is over 100 million prescriptions strong. (ibuprofen)

Finally after 29 years there's a breakthrough in non-prescription pain relievers. It's a pain relieving medicine for which doctors have written over a hundred million prescriptions, and now it is available to you in a new lower, non-prescription strength. It's totally different from aspirin or acetaminophen.

It's ibuprofen. And it's in new Nuprin from Bristol-Myers.

Prescription pain reliever now in a lower non-prescription strength.

For more than nine years, doctors have treated over ten million patients with ibuprofen.

Now that same reliable ingredient is available to you in a new non-prescription strength in new Nuprin.

Relieves most minor aches, pains and fever.

Nuprin relieves headache, lower back pain, muscle aches, fever, pains of colds and flu, and menstrual cramps. Nuprin even relieves the minor pains of arthritis for hours. Yet Nuprin is gentler to your stomach than aspirin.

Bristol-Myers wants you to know.

People who have had a severe allergic reaction to aspirin should not take ibuprofen. Ibuprofen should not be taken with aspirin or acetaminophen, except under a doctor's direction. Consult your doctor before trying Nuprin if you are: under 12 years of age, under medical care for any serious condition, taking prescription drugs or have had any problems or serious side effects from taking any non-prescription pain reliever (aspirin or acetaminophen), pregnant or nursing a baby.

Get the pain relieving ingredient in new Nuprin.

Read and follow label directions.

BRISTOL-MYERS



Over A Hundred Million Prescriptions Strong!™

Now available in a non-prescription strength.

© 1984 Bristol-Myers Company. Manufactured by The Upjohn Company. Distributed by Bristol-Myers Company. NUPRIN is a trademark of The Upjohn Company.

WHAT IS A "WELLNESS PROFILE"?

The Wellness Profile is a device that helps you identify family strengths and pinpoints areas that need improvement. It's a measure of how your family communicates, how close you are, how well you adapt to change and how satisfied you are with your relationships. The Profile also lets you know if everyone in the family agrees on these issues. It's not a bad thing to disagree, but serious problems can develop if you're not aware that the differences exist.

To create a Wellness Profile, family members must first determine their individual scores for the five "scales" in the booklet. Complete the questionnaires without looking at anyone else's answers, so they don't influence how you respond. Don't be tempted to put down answers that will look good to others in the family. That will only cheat the entire family of the opportunity to see things the way they really are.

At the bottom of each scale, you'll find "color zones" ranging

from PINK to RED. Use them to interpret your scores:

- PINK** indicates considerable relationship strengths and high levels of satisfaction. While many families probably will not fall in the PINK Zone, it represents an ideal to which you can aspire.
- LIGHT GRAY** indicates some relationship strengths with room for improvement.
- DARK GRAY** indicates a need for improvement and growth in some areas.
- RED** indicates a generally low level of satisfaction and a considerable number of areas that need improvement.

After every family member has completed the scales, transfer your scores to the Wellness Profile on page 8 and we'll show you how to interpret the results (see page 9). Here are a few examples of how the process works.

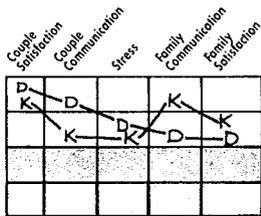
FOUR FAMILY WELLNESS PROFILES



KATHY DOUGLAS (a single mother), DORENE (age 11), THOMAS (age 5)

Kathy was divorced two years ago, and now works full-time as a delivery truck driver. She and the children routinely fix dinner together, review the events of the day. They also try to set aside an evening every two weeks to discuss problems. Every weekend they spend one evening together doing something that's fun.

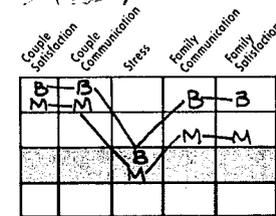
Kathy and Dorene score in the PINK and LIGHT GRAY Zones. The scores reflect some family stress, but positive levels of communication and satisfaction. Although Tom is too young to complete the scales, he can join family discussions.



MARK AND BETH WALSH

Mark and Beth have been married 26 years, and their youngest child recently left home. Both are very involved in their careers and independent activities, but they spend one full evening a week and every weekend together. They enjoy each other's company and would like more time with each other, but understand their separate career needs.

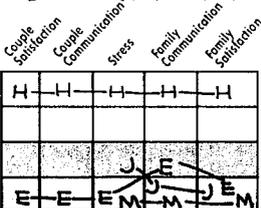
Their scores, mostly in the PINK and LIGHT GRAY Zones, show that there is a relatively high level of stress in their lives, but they have developed ways to keep this stress under control. If the Walshes continue to enrich their "relationship skills," their marriage should remain strong.



ELMER AND HELEN SORENSEN, JOHN (age 17), MARILYN (age 14)

The Sorensens have been married 19 years. Elmer is a sales executive in a large corporation. Helen stayed home with the children until a year ago, when she began working part-time. Elmer often argues with the children; Helen tries to stay out of the arguments.

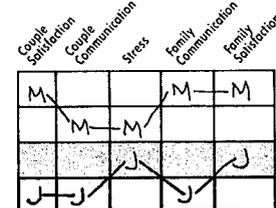
The Sorensens' Wellness Profile shows that all the family members except Helen are dissatisfied. The lack of communication makes it difficult for them to solve other problems and is responsible for Helen's mistaken assumption that the family is doing fine. If the Sorensens cannot rectify the situation themselves, they should go to a family therapist.



JIM AND MARY HUGHES

Jim and Mary dated for a year before getting married three years ago. They have no children. Both work full-time and are extremely independent and involved in outside projects. They don't argue and are rarely cross with each other. Mary feels very comfortable with the relationship. Jim is dissatisfied, but never expresses his unhappiness to Mary.

Each is surprised by the other's responses to the Wellness Profile. Jim's scores all fall in the dark zones. Mary's are all PINK and LIGHT GRAY. Having widely differing scores is a warning that work is needed to resolve these issues. Jim and Mary must give their relationship serious attention if it's going to survive.



THE COUPLE COMMUNICATION SCALE

Being able to share intimate thoughts and feelings is essential in a good relationship. This scale will show whether you and your partner see things the same way and measure the quality of your communication.

Next to each statement below, insert the number of the response that best describes the way you feel about the statement. Remember: Keep the first partner's answers covered while the second partner is completing the scale.

RESPONSE CHOICES

1 Definitely false	2 Usually false	3 Neither true nor false	4 Usually true	5 Definitely true
--------------------------	-----------------------	--------------------------------	----------------------	-------------------------

PARTNER A		PARTNER B
	1. It is very easy for me to express all my true feelings to my partner.	
	2. When we are having a problem, my partner often gives me the silent treatment.	
	3. My partner sometimes makes comments that put me down.	
	4. Sometimes I am afraid to ask my partner for what I want.	
	5. I wish my partner were more willing to share his/her feelings with me.	
	6. Sometimes I have trouble believing everything my partner tells me.	
	7. Often I do not tell my partner what I am feeling because he/she should already know.	
	8. I am very satisfied with how my partner and I talk with each other.	
	9. I don't always share negative feelings I have about my partner because I'm afraid he/she will get angry.	
	10. My partner is always a good listener.	

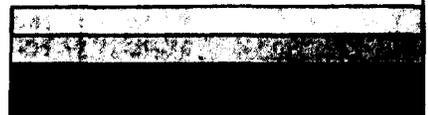
SCORING

A.	Add your choices for items 1, 8 and 10—insert the total on line A	A.
B. +42	Add 42	+42 B.
C.	Subtotal—add lines A and B	C.
D.	Add your choices for items 2, 3, 4, 5, 6, 7 and 9—insert the total on line D	D.
E.	Subtract line D from line C to find your FINAL SCORE	FINAL SCORE E.

NOW FIND
THE COLOR ZONES
FOR YOUR
FINAL SCORES

YOUR SCORE
40 or more
35—39
30—34
29 or less

YOUR COLOR ZONE



PLACE YOUR INITIALS IN THE APPROPRIATE COLOR ZONES UNDER THE COLUMN TITLED COUPLE COMMUNICATION ON THE WELLNESS PROFILE ON PAGE 8

Copyright © by D.H. Olson, D.G. Fournier, J.M. Druckman



CHARTING YOUR WELLNESS PROFILE

By now, everyone in your family should have initialed his or her "color zone" scores from the scales in the appropriate places on the chart below. If you haven't transferred your scores from each scale, now is the time to do so. Then complete the Wellness Profile by drawing lines that connect each person's scores.

YOUR WELLNESS PROFILE					
COUPLE			FAMILY		
	A. Satisfaction	B. Communication	C. Couple and Family Stress	D. Communication	E. Satisfaction
PINK					
LIGHT GRAY					
DARK GRAY					
RED					

INTERPRETING YOUR WELLNESS PROFILE

In the beginning of this booklet, we gave you a general key to the different color zones. The guide below will tell you how to interpret your Wellness Profile more specifically.

FAMILY AND COUPLE COMMUNICATION

PINK	You feel understood and are able to share your feelings with other family members.
LIGHT GRAY	You feel generally understood and can share most of your feelings with the family.
DARK GRAY	You are not comfortable sharing many of your feelings with the family.
RED	You do not feel the family understands you, and you rarely share your feelings with the others.

FAMILY AND COUPLE SATISFACTION

PINK	You're very comfortable with the way your family gets along and works together.
LIGHT GRAY	You're generally satisfied with the way your family functions in most cases.
DARK GRAY	You are uncomfortable with the way your family gets along and works on problems.
RED	You are very unhappy with your relationships within the family and the way your family operates.

FAMILY STRESS

PINK	Your family relationships are calm, and you have few stressful changes occurring in your life.
LIGHT GRAY	Your family has a relatively low stress level with some mild difficulty due to personal conflicts or life changes.
DARK GRAY	Your family has a moderately high stress level with both personal conflicts and major changes.
RED	Your family has a very high stress level due to personal conflicts and outside changes.

IF THE PROFILES OF FAMILY MEMBERS DIFFER FROM EACH OTHER

Differences among the scores of various family members are to be expected; after all, no two people think exactly alike. However, if any member scores in the RED Zone, this indicates a problem. It is very important to pay attention to that person's feelings and concerns. Another warning sign: when one or two of you score consistently in the light zones while other family members score DARK GRAY or RED. This is a signal that something is amiss. You may need help from a family counselor as you work to restore communication and improve family wellness.

DISCUSSING YOUR WELLNESS PROFILE

The Wellness Profile is a tool that will help you to identify the strengths in your family and the areas that need work. But it can be even more valuable if you use it as a device to ease communication and change. Now that your Wellness Profile is completed, it's time to call a family meeting to put it to work. Get started by taking these steps:

1. Identify your family strengths by reviewing the scores in the PINK and LIGHT GRAY Zones.
2. Identify the areas that need work:
 - Profiles in the DARK GRAY and RED Zones
 - Profiles that show major differences between family members
3. Allow each member to discuss how he or she feels about the Wellness Profile area by area (Communication, Satisfaction, etc.). Talk about the problem areas and bring up ways to make improvements. Discuss your strengths too. Take time to recognize and appreciate the things your family does well.
4. Begin setting specific goals for resolving your family's problems. You'll find step-by-step guidelines on the next page.

HOW TO SOLVE FAMILY PROBLEMS WITHOUT FIGHTING

Every family has differences and disagreements, but healthy families find ways to resolve disputes without turning them into wars. These families accept and appreciate the fact that each person has independent opinions. They encourage open expression, and they work together to reach a settlement.

If your family has difficulty resolving its differences without serious arguments, try the following exercise. It will help boost your problem-solving success rate. *Note:* This is *not* a game. As simple as this exercise looks, it may be very hard for your family to complete. If you *cannot* finish it, this is another sign that you might benefit by seeking professional help.

1. Schedule a specific date, time and place for a family meeting within the next week. Allow at least 30 minutes.

MEETING DATE _____

TIME _____

PLACE _____

2. When everyone is gathered for the meeting, look over your Wellness Profile together and find one issue on which you disagree. If you wish, you may select a current family problem that is not on the Profile.

ISSUE OR PROBLEM FOR DISCUSSION

3. Pool your ideas and force yourselves to come up with 10 possible solutions to the problem. Try to include a suggestion or two from each family member. Do *not* criticize any of the suggestions at this point. Simply write them here:

PROPOSED SOLUTIONS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

8. _____

9. _____

10. _____

4. Now discuss each of these suggestions. Be as objective as you can and talk about how useful and appropriate each suggestion is for resolving your disagreement. Try to find something useful about each one.
5. After you've all aired your feelings, select one solution that everyone will agree to try.

TRIAL SOLUTION _____

6. Decide how each person will work toward the solution. Be as specific as possible.

Person A _____

Person B _____

Person C _____

Person D _____

7. Set a date, time and place within the next week for another meeting to discuss your progress.

MEETING DATE _____

TIME _____

PLACE _____

8. Pay attention to each other as the week passes. If you notice someone making a positive contribution toward the solution, praise his or her efforts.
9. At your next meeting, review your progress. If no change has occurred, go back through steps 3-8 to try a different solution. If you have shown improvement, use this exercise to tackle a different problem.
10. Make family meetings like these a regular part of your weekly schedule. To help family members get used to this process of discussion and resolution, clip out the reminder ("Steps for Family Problem-Solving") on page 12 and place it on the door of your refrigerator or some other spot where everyone can see it.

Fitness starts at breakfast

Every morning your body needs vitamins and minerals to help it work efficiently and stay healthy throughout the day. Starting with a breakfast that includes Kellogg's® cereal helps assure your body's getting some of those nutrients. Take a look at our chart. You'll see, for example, that a typical serving of Kellogg's Corn Flakes® cereal with milk provides eight essential vitamins plus iron, calcium, phosphorus and protein.

To stay fit, start with a good breakfast including Kellogg's cereal. It's... The Best To You Each Morning®

Nutrient	% US RDA	% Contributed by One Ounce Kellogg's Corn Flakes*	% Contributed by 1/2 Cup Vitamin D Fortified Whole Milk	
			% From Cereal	% From Milk
Niacin	35	99		1
Iron	10	97		3
Folic Acid	35	96		4
Vitamin C	25	93		7
Vitamin B ₆	40	93		7
Thiamin	40	92		8
Vitamin A	30	89		11
Riboflavin	45	75		25
Calories	*	59		41
Vitamin D	25	50		50
Protein	10	33		67
Magnesium	4	16		84
Phosphorus	15	14		86
Calcium	15	11		99

*U.S. RDA for Calories not established

Kellogg's®

© Kellogg Company © 1983 Kellogg Company



HOW TO FIND HELP

If the Wellness Profile indicates that your family needs outside help, start looking for a therapist or counselor as soon as possible. The sooner you get help, the more effective counseling will be. Finding the *right* therapist is very important; the following suggestions should help you in making your choice.

1. Check Professional Credentials and Experience. The professionals who are most qualified to deal with relationship problems are psychiatrists (medical doctors who specialize in mental health), psychologists (people with a Ph.D. or M.A. in psychology), and licensed marriage and family therapists and social workers. Be sure to check the *personal training* and *experience* of each person you consider. Many therapists specialize in *individual* counseling, as opposed to *marital* or *family* counseling. If you have problems with your marriage, studies show that your chances of divorce are higher if you go individually to a therapist than if you go with your partner for marital therapy.

2. Look for Qualified Referral Services and Agencies. The most highly trained marriage and family therapists are likely to be members of one or more of the three professional organizations on the next page. One way to find qualified therapists in your area is to write to the organizations listed for referrals.

American Association For Marriage & Family Therapy
(AAMFT), 1717 K Street, N.W., Washington, DC 20006

American Family Therapy Association
15 Bond Street, Great Neck, NY 11021

Family Service Association of America
44 East 23rd Street, New York, NY 10010

In most communities you can locate members of these organizations by looking in the Yellow Pages under "Marriage and Family Counseling" or by consulting local Family Service or United Way agencies. Your family physician or minister may also be able to give you referrals.

3. Ask Questions Before You Begin. It's your right to question the training and qualifications of the therapist you are considering. Use the following list of questions as your guide:

- What is your professional training and degree?
- How much specialized training and experience have you had in marital and family therapy?
- Do you usually see couples and families together or as individuals?
- What procedures will you use to evaluate our situation? Will we be tested? How much do you charge for testing?
- How frequently will we have sessions? How long will each session be? Can we establish a contract for a specific number of sessions?
- What does each session cost? Does our insurance cover the cost?

If you don't feel comfortable with the answers you receive or if the therapist seems reluctant to answer them, don't hesitate to look for another counselor.

RESOURCES

Even if your Wellness Profile casts every family member safely in the PINK Zone, there is no guarantee that your family will *always* be happy and content. As each of you changes, the family will have to change too. It takes work and commitment to make sure those changes are positive. Here are a few books and pamphlets that can help.

BOOKS

Broderick, Carlfred. **Couples** Simon & Schuster; New York, NY, 1979.

Clarke, Jean I. **Self-Esteem: A Family Affair** Winston Press; Minneapolis, MN, 1978.

Curran, Dolores. **Traits of a Healthy Family** Winston Press; Minneapolis, MN, 1983.

Lasswell, Marcia, and Lobsenz, Norman. **Equal Time** Doubleday; New York, NY, 1983.

Mace, David. **Love and Anger** Zondervan Press; Grand Rapids, MI, 1982.

McGuiness, Alan L. **The Friendship Factor** Augsburg Publishing; Minneapolis, MN, 1979.

Miller, Sherod, and Associates. **Straight Talk** Signet Books; New York, NY, 1979.

Rosenman, Martin F. **Loving Styles** Spectrum Books; New York, NY, 1979.

Wright, H. Norman. **Seasons of a Marriage** Regal Books; Ventura, CA, 1982.

PAMPHLET SOURCES

(Write and ask for complete list of titles)

Marital & Family Wellness Books*

Family Service Association of America, 44 East 23rd Street, New York, NY 10010

*Please enclose a self-addressed, stamped envelope

Marriage & Family Enrichment Catalogue

International Marriage Encounter, 955 Lake Drive, St. Paul, MN 55120

Marriage and Family Pamphlets Public Affairs Committee
381 Park Avenue South, New York, NY 10016

Enriching Marriage & Family Stress Booklets

Aid Associations for Lutherans, Appleton, WI 54919

The Wellness Scales used in this booklet were developed by Dr. David H. Olson and colleagues at the University of Minnesota. Norms of these scales were based on a national survey of 1,000 families. More details on this study can be found in the book by Dr. Olson and colleagues, **FAMILIES: WHAT MAKES THEM WORK** (Sage Publishing; Beverly Hills, CA, 1983).

STEPS FOR FAMILY PROBLEM-SOLVING

1. SET A TIME AND PLACE FOR DISCUSSION
2. DEFINE THE PROBLEM OR ISSUE OF DISAGREEMENT
3. BRAINSTORM AND LIST **ALL** POSSIBLE SOLUTIONS
4. DISCUSS EVERY ONE OF THESE SOLUTIONS
5. AGREE ON ONE SOLUTION TO TRY
6. AGREE HOW EACH PERSON WILL WORK TOWARD THE SOLUTION
7. SET A TIME FOR ANOTHER MEETING TO REVIEW PROGRESS
8. REWARD ANYONE WHO CONTRIBUTES TOWARD THE SOLUTION

NBC's Today program will salute Family Health Month throughout October with daily segments featuring Dr. Art Ulene. Watch for them between 7 A.M. and 9 A.M., beginning Monday, October 1, and running through Friday, October 26.