

# Relationship Building - Identifying & Appreciating Qualities

Within a family unit, for where there are children, there are 4 types of relationships:

**Adult to Child**

**Child to Adult**

**Adult to Adult**

**Child to Child**

A key aspect to use when trying to rebuild, or enhance, any personal relationships is to identify and appreciate individuals positive qualities. As shown above, there are 4 types of relationships within a family with children. This approach is effective for enhancing all family relations. Therefore, it is not to be used with just **one** particular member, but **all** members of your family.

Using this tool will not only help to repair damaged relationships, but will also promote positive social skills, morals, and values. It will model positive behaviours, enhance positive attitudes, enhance communication skills, boost self-esteem/worth/confidence... and so much more.

Take time to reflect and identify what positive qualities each member of your family holds.

Then, the next time that they show these qualities once again, tell them. Share your feelings and tell them that you appreciate them for being... If all members of your family start to do the same, the rewards will not be far behind.

## POSITIVE PERSONAL QUALITIES

Accessible	Confident	Educated	Gentle	Leisurely	Prudent
Active	Considerate	Efficient	Genuine	Liberal	Punctual
Adaptable	Cooperative	Elegant	Gracious	Logical	Purposeful
Admirable	Courageous	Eloquent	Hardworking	Lovable	Rational
Agreeable	Courteous	Empathetic	Healthy	Loyal	Realistic
Alert	Creative	Energetic	Hearty	Mature	Reflective
Aspiring	Cultured	Enthusiastic	Helpful	Optimistic	Relaxed
Athletic	Curious	Exciting	Heroic	Orderly	Reliable
Attractive	Decent	Extraordinary	Honest	Organized	Resourceful
Balanced	Decisive	Fair	Honorable	Painstaking	Respectful
Brilliant	Dedicated	Faithful	Humble	Patient	Responsible
Calm	Dignified	Felicitic	Humorous	Patriotic	Reverential
Capable	Directed	Firm	Idealistic	Peaceful	Romantic
Captivating	Disciplined	Flexible	Imaginative	Popular	Skillful
Caring	Discreet	Focused	Impressive	Practical	Sober
Challenging	Dramatic	Forgiving	Innovative	Precise	Sociable
Charismatic	Dutiful	Forthright	Intelligent	Principled	Sophisticated
Charming	Dynamic	Friendly	Intuitive	Profound	Strong
Cheerful	Earnest	Fun-loving	Invulnerable	Protean	Wise
Clever	Ebullient	Generous	Kind	Providential	Witty