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Listening, learning, and living together: it's the science of life.

Family Liabilities¹

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News headlines in recent months have been dramatic worldwide: hurricanes, tsunamis, mudslides, blizzards, floods, and war. Families across the globe have faced catastrophe. Numerous stories also carry messages of resilience and recovery.

It doesn't take catastrophic measures to throw a family off balance. Day-to-day struggles with health, income, and relationships can have enormous impacts on families as well. An important resource of families in crisis is just the ability to "hang in there." Being able to accept that everyone encounters problems, and that sometimes it takes time to work them out, gives a family a sense of perspective.

Some families, though, have characteristics that are liabilities. A common problem that many families struggle to avoid is the need to place blame rather than find solutions. Spending time worrying about who is right sidetracks the family from the real issue of finding a solution.

Another liability is having a rigid, inflexible approach to problems. It is very unproductive to do the same thing over and over again and expect a different outcome. Healthy families seek alternatives until they find one that works for them.

1. This document is FAR5013, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published December 2007. Reviewed December 2010. In the interest of time or clarity, the broadcast version of this script may have been modified. Please visit the EDIS website at <http://edis.ifas.ufl.edu>.
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With confidence in themselves and their ability to make it through difficulties, families can recognize and deal with problems instead of being paralyzed by denial or fear.

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