

# Patrick's "Family Values"

As parents we often struggle to understand how and when to guide our children through their lives. In my work as a family therapist, the single most valuable approach I have discovered is focusing on values. When I clarify and maintain a focus on my own values, and work to instill these same values in my children, I maintain my integrity and the integrity of my relationships.

As our children struggle to navigate their increasingly complex worlds, they need a safe and solid "home base." Our example, counsel, love, support, and values can offer this safety. We can engage our children in meaningful ways when we maintain our values and help our children apply these values to their lives.

**Here are a few of the principles most commonly addressed when our children's safety is challenged:**



**Honesty**

**Respect**

**Perseverance**

**Gratitude**

**Responsibility**

**Forgiveness**

**Humility**

**Generosity**

