

Spy the Best in Your Family

“Wherever you find the attributes of God love that person, whether he be of your family or of another.” —‘Abdu’l-Bahá

Do you ever dream of being a daring detective? With your powers of keen observation, you may like to spot clues and unravel mysteries. Maybe you can’t wait to tell your family about your latest discoveries. But your dad’s distracted with making dinner and your sister’s stressed about homework. Nobody seems to be listening.

You can use your skills to detect people’s virtues in action.

Your dad can’t talk right now, but he’s showing love by preparing food for the family. Your sister’s patience is wearing thin, but she’s also striving for excellence in her schoolwork.

It can be easy to see good qualities when we’re all happy and at our best. But when we get busy or make mistakes, spotting strengths may take some extra inspection. Take this quiz to see if you spy the best in your family.

Circle your answers, then add up your points.

1. When family members are feeling low, I tell them what I admire about them.
Often = 3 • Sometimes = 2 • Rarely = 1

2. I find things to be grateful for in my family.
Often = 3 • Sometimes = 2 • Rarely = 1

3. If a sibling is struggling with a new skill, I tell them what they’re doing well.
Often = 3 • Sometimes = 2 • Rarely = 1



4. If I’m mad at a sibling, I remember what I love about them before discussing what upset me.
Often = 3 • Sometimes = 2 • Rarely = 1

5. I forgive my family members—and myself—when we make mistakes.
Often = 3 • Sometimes = 2 • Rarely = 1

6. When my feelings are hurt, I ask questions instead of jumping to conclusions.
Often = 3 • Sometimes = 2 • Rarely = 1

7. In a disagreement, I do my best to listen, even when I’m upset.
Often = 3 • Sometimes = 2 • Rarely = 1

8. I keep in mind the great qualities that make each family member unique.
Often = 3 • Sometimes = 2 • Rarely = 1

9. When a family member isn’t at their best, I try to understand how they’re feeling.
Often = 3 • Sometimes = 2 • Rarely = 1



10. I thank family members when they help me out.
Often = 3 • Sometimes = 2 • Rarely = 1

11. I look for chances to compliment my parents and siblings.
Often = 3 • Sometimes = 2 • Rarely = 1

12. I practice seeing the best in myself so I can see the best in others, too.
Often = 3 • Sometimes = 2 • Rarely = 1

MY SCORE

36-28 POINTS You’re a super sleuth! You love solving the mystery of what makes your family shine.

27-20 POINTS You’re strengthening your skills at spying the good in others. Choose a tip from the quiz to help.

19-12 POINTS You’re learning to detect good qualities in others. Choose a few tips from the quiz to develop your skills.