



Family conflicts and some ways of resolving them



Our motto today

If there is right in the soul,

If there is beauty in the person,

If there is harmony in the home,

If there is order in the nation,

There will be peace in the world.

What is family conflict?

Family is “the people you are stuck with”

- ▶ Every family has problems because there are no ideal relationships. Conflicts usually appear between parents and their children.
- ▶ Occasional tension or arguments are a normal part of family life. It’s almost an essential part of growing up. Whether it’s with your parents or siblings, there are things you can do to stop conflicts from getting worse. However, if you feel unsafe or can’t resolve it on your own, you should get help.



How does family conflicts affect people's lives?

- ▶ It can caused stress and tension
- ▶ It can make people feel insecure/unsafe in their own house
- ▶ It can possibly cause depression for serious situations
- ▶ It could lead to a family member running away
- ▶ It can cause injury(from abuse)



How are family conflicts caused?

► *Conflicts with parents:*

- your opinions and values are different from theirs
- poor communication
- lack of confidence
- violence at home
- you want more independence



How are family conflicts caused?

► *Conflicts with parents:*

- they don't respect your privacy
- bullying
- smoking and drinking of alcohol
- there's pressure regarding your friends, studying, chores, even your personal style



► *Conflicts with brothers and sisters*

- difference in age
- jealousy or feeling like you're not good enough
- lack of space
- competitiveness over study, sport or other achievements



What are peaceful ways to solve family conflicts?

- By wanting to solve it
- Being really interested in your parents' problems
- Sitting down and talking in calm voice
- Trying to put emotions aside
- Being friend to your siblings
- Not making comparisons
- Learning to forgive
- Compromising
- Taking part in activities that can unite your family



And besides, pay attention!

- ▶ Don't sweat the small stuff
- ▶ Count to 10
- ▶ Get some space
- ▶ Talk it over with someone
- ▶ Bite your elbow



Group Survey



How many people in your group...

have good relationships with their parents?

often argue with their parents?

have problems in relations with their brothers and sisters?

think that their parents use fair punishment when they misbehave?

would like to change anything in their family relations?

will treat their children the way their parents treat them?

Put the words in the correct column



► Positive meaning

- Communication
- Irritation
- Listening
- Compromise
- Shout
- Respect
- Trust
- Misunderstanding



□ Negative meaning

- Quarrel



**Think about everything your
parents give you and write
“a thank–you letter” to your
parents.**

**Best wishes. Respect your
parents. They are God's gift to
you as you for them.**

