

# Family conflicts



Family harmony provides a sense of belonging and a feeling of security unlike many other types of relationships. When conflict arises, it threatens that security. Whether the disharmony initiates from within the family unit or from external sources, individual family members and the family as a whole can experience a range of negative emotions and consequences. Unresolved conflict may damage a marriage and the entire family if family members do not seek help.

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family. If a parent's job keeps him away from home most of the time, the spouse at home with the children often feels overwhelmed. Conversb

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# In-Laws and Extended Family

Jokes and movies abound regarding conflict with in-laws (especially mothers-in-law); however, when you actually become involved in disagreements with your in-laws or extended family, it is no laughing matter. While it is preferable to respect your elders--parents and grandparents on both sides equally--this can prove to be challenging. If relatives routinely interfere in your family's decisions and lifestyle, conflict frequently results.



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