

## **A Family: needs to be a happy family.**

### **How to cope with family conflicts?**

Conflict can happen when family members have different views or beliefs that clash. Sometimes conflict can occur when people misunderstand each other, and jump to the wrong conclusion. Issues of conflict often lead to arguments. It is normal to disagree with each other from time to time and occasional conflict is part of family life. However, ongoing conflict can be stressful and damaging to relationships. Some people lose their temper and become intentionally hurtful, aggressive or even violent. There are methods of positive communication that can defuse conflict and help bring about a peaceful resolution, even if the final decision is compromise or agreeing to disagree.

### **Common causes of family conflict**

Some of the more common causes of family conflict include:

- A maturing child forms their own opinions and values, which may clash with the views held by their parents.
- The child wants more independence than their parents are willing to grant.
- Older children and teenagers don't bend to discipline as easily as younger children and are more likely to stand their ground.
- The opinions, values and needs of parents change as they age.
- Some parents feel worried, threatened or confused by their child's rapid emotional attachment with their wives.
- Family changes such as separation, divorce, a new baby or moving house.

### **Common concerns**

Family conflicts can lead to a number of concerns over:

- Fighting between your parents
- Discipline issues
- Disputes with brothers and sisters
- The need for time and affection from both your parents
- The need for greater independence if you are a adult or teenager
- Getting into trouble for various misdemeanors

### **How to cope?**

**The most important factor that causes the conflict to rise is the anger and if it is controlled nearly 90% of conflicts resolves.**

Anger affects people in different ways. Some people have a 'short fuse' and get angry easily. Others only seem to get angry after a long time. Arguments can make you very uncomfortable. The best way to resolve an argument is to negotiate with the other person.

Try and work out why you are angry? Usually our first angry impulse is to win the argument at any cost. However, finding a peaceful resolution is difficult, if not impossible, when both parties stubbornly stick to their guns. It helps if everyone decides as a family to try negotiating instead. Suggestions include:

- Work out if the issue is worth fighting over.
- Try to cool off first if you feel too angry to talk calmly.
- Keep in mind that the idea is to resolve the conflict, not win the argument.
- Remember that the other person isn't obliged to always agree with you on everything.
- Define the problem and stick to the topic.

- Respect their point of view by paying attention and listening.
- Talk clearly and reasonably.
- Try to find points of common ground.

### **Try to listen**

Conflict can escalate when the people involved are too angry to listen to each other. Misunderstandings fuel arguments. Suggestions include:

- Try to stay calm
- Don't interrupt the other person while they are speaking
- Actively listen to what they are saying and what they mean
- Make sure you understand them by asking questions
- Communicate your side of the story clearly and honestly

Resist the urge to bring up other unresolved but unrelated issues.

If the same situation, or person, is making you angry a lot, think about talking to someone you trust. For example:

- Father
- Mother
- Brother or sister
- Husband or wife
- Friend

### **Expressing your anger safely**

you may hurt yourself or someone else. Therefore do not argue when you have anger. Just go on listening and at the end say: sorry I will try to correct myself, it was my mistake.

### **Relaxation can help**

Relaxation can help put things in perspective. There are many ways you can relax:

- Go for a walk or sit quietly in a park
- Listen to some music you really like
- Read a book, or watch a video
- Play your favourite sport, or learn yoga
- Take a bath.

It is easy to forget to make time to relax. It can be helpful to try and put time aside each day to do something relaxing. Try writing a list of activities that you find relaxing.

### **Violence is not a solution to anger**

You may find a person or an issue upsets you so much that you lash out. Violence may also be a way to release frustration when you don't know what is upsetting you. This can be dangerous to both you and others. To overcome violence, write a list of things that make you angry, for example particular situations, people, or moods. Start thinking about ways to avoid these people or things. Think about ways to contain your violence.

There are many people you can talk to who can help you overcome your feelings of wanting to lash out seek them in the family.

### **Everyone has arguments**

Arguments can arise for any number of reasons:

- You may be having trouble understanding someone else's thoughts on an issue. It may help to ask them questions about their point of view.
- Your values, goals or needs may conflict with those of someone else.
- You may not understand what other people are trying to say or do.

### **Unresolved arguments can cause problems**

Unresolved arguments can lead to:

- Confusion and feelings of resentment
- Stress and tension
- Sleeplessness
- Illness
- Family breakdowns or poor relationships
- Aggression or violence.

### **Dealing with arguments**

Once you have an argument, it is easy to stay angry or upset with the other person. If you don't resolve arguments with people you see often, it can be a very uncomfortable experience:

- Talking to the person about your disagreement may or may not help. If you do approach them make sure it is in a helpful way.
- If the person could be violent or abusive it may be best not to approach them directly. You could talk to them over the phone to see if they are open to finding a solution to the argument.

### **What to say**

Try and tell the person how *you* feel as a result of their opinion but avoid trying to tell them how they feel. It is possible and more soothing to agree to disagree. You may need someone else to help you resolve the disagreement. You could ask a third person to act as a go-between and help you both get another view on the argument.

### **Good reasons for dealing with arguments**

There are good reasons for dealing with arguments:

- It will give you a sense of achievement and make you feel more positive
- You will feel more relaxed, healthy and will get a good night's sleep
- You will develop stronger relationships
- You will feel happier.

### **Things to remember**

- Learn to express your anger safely.
- Relaxing activities can help you deal with your anger.
- Listening the anger without argument will depress the anger of other person.
- Speaking continuously in other matter after a short while will defuse the conflict.
- Resolving arguments will make you feel more positive and happy.
- It is difficult to change the behavior of other but it is easy to change oneself.

**When a family breaks up, it is difficult for everyone involved. Sometimes, family breakups happen after long periods of fighting and unhappiness. At other times, they happen suddenly and it is hard to understand why. Family relationships change as a result of the split and there is often a lot of adjusting to do. It will take a long while for you - and everyone else in the family - to adjust to the change in the family relationship. Everyone in the family will also need to make an effort to make things work.**