

BE PART OF THE SOLUTION, NOT PART OF THE PROBLEM

Here are some pointers:

- It will take effort on your part to try and understand your parents' perspective. You do not have to agree with each other, but you do have to try and understand each other.
- You can't expect people to know what you are thinking. You will need to help them to understand things from your perspective.
- Every action has a consequence.
- Your understanding of a situation will affect your feelings and reactions to it. As well as wanting to be understood, you need to take time to listen and to understand.
- It makes a difference if you apologise to your parents when you have reacted inappropriately.
- Rebelling against your parents might seem easier than talking to them. Choosing to do this and making bad choices could be your way of getting back at them. This will just lead to you and your family being unhappy. You can convince yourself that this is OK, but it won't make you happier.
- When you are thinking ahead about what you want to say, it may help to write it down and read it aloud to hear yourself saying it.
- Parents are people too. They are people who can and will make mistakes and get things wrong. Being willing to forgive, and asking for forgiveness when you need to, are great building blocks in a relationship.

Remember that talking about things and finding out clearer information can totally change our view and how we feel about something. I was recently involved in a job with three builders. Two did all the work while the third person, the foreman, appeared to do very little work other than instructing the other two and sitting drinking tea.

I started to feel very frustrated and annoyed with the foreman. During a conversation with him, however, he showed me a recent scar that went from his ear right around his neck where he had had recent head surgery. He was currently working as a favour to his boss in order to train the two apprentices working on the job. This information gave me a very different understanding of the situation and the anger and frustration disappeared.