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Family Arguments,

Adapted from "Mark Travers" in the world of psychology

In every human relationship, disagreements and arguments may arise, especially within the family. In such moments, your behavior and words can have a profound impact on either strengthening your relationships or causing a rift.

If you are one of those who try to change your loved ones, it's important to realize that adults (over 17 years old) are less receptive to imposed changes. Instead of attempting to fix them, express your views with love and patience, and allow them to consider positive changes on their own.

In a successful family, there are always different opinions, and final decisions result from the evaluation of these diverse viewpoints. In this case, everyone wins. However, if one person insists on imposing their view, the entire group will lose. Therefore, even if you disagree with your adult children, rather than imposing your outdated personal experiences, allow them to live with their own experiences and understanding.

Insisting on imposing your views on your children, especially your adult children, can lead to stubbornness and distance. The books you read 20 years ago may no longer be relevant, and your children have absorbed different concepts from contemporary literature.

Sometimes, children may cut ties with you and even with relatives because they married someone who was not approved by you. If this happens, giving them the freedom of choice allows them to reconsider your opinion. In such a case, they might change their decision. However, if you persist in your views, they will become stubborn to prove they have grown up and are in control of their own lives.

In many cases, old-fashioned beliefs passed down from previous generations may no longer work. For example, the belief that "whatever your wife says, do the opposite" or "break your wife's ties with her family so they don't speak ill of you" may not be applicable in today's world. With advances in technology and information, accurate and scientific answers are now easily accessible through mobile phones.

Many couples make threats during disagreements that are neither legal nor practical. Over time, your spouse will realize that these threats are empty, and they will lose trust in you.

When arguing, consider these three points:

1. **Know your emotions**: Don’t let your emotions override reality, leading you to say or do something you can’t take back. Once trust is broken, it’s hard to regain. Always ask yourself whether what you feel is real or just an assumption.

2. **Recognize the impact of others' actions**: Don’t assume that your spouse intends to break your heart. They are human too and may not realize the impact of their actions. If they knew, they would likely apologize.

3. **Take responsibility**: In arguments, you also play an important role. Acknowledge your mistakes and apologize respectfully. The sooner you apologize, the more effective it will be. Apologizing after a long delay may not be accepted and could reflect poorly on your ability to manage responsibilities in a timely manner.

If longstanding conflicts exist between you, your children, or your spouse, you may need the help of an impartial advisor—someone who can help you without exposing your private matters.

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