



Interpersonal Relationships

Effective Communication with Parents

Building a harmonious relationship with parents:

- A harmonious family can bring a sense of safety and intimacy.
- Frequent arguments with parents not only damages mutual relationship, but also brings negative emotions such as unhappiness and annoyance.
- It is necessary to take the initiatives to fulfill the responsibilities as children to improve the relationship with parents.
- Every family is unique and there is no need to compare with others. We should handle problems according to our own family situation.

Attitudes towards getting along with parents:

- ✧ Respect: Everyone is unique and we should respect individual differences.
- ✧ Consideration: Everyone encounters different situations, so we should try to put ourselves in the shoes of our family members.
- ✧ Patience: Building harmonious relationships and getting along with parents takes time and patience.
- ✧ Acceptance: Accepting strengths and weaknesses of each other is crucial for developing harmonious relationship.
- ✧ Caring: Even though parents are adults, they also need the care from their children, such as a few comforting words or a hug for them.

Three steps to better communication:

- ☺ Listen to his/her feelings patiently: Start by listening to his/her opinions before responding.
- ☺ Express your own views and feelings clearly and honestly: Express yourself proactively which can reduce misunderstandings.
- ☺ Use a gentle tone to make him/her easier accepting our views: Avoid throwing tantrums, cursing or replying defiantly to prevent unintentional behaviors that may hurt your family members.