

Interpersonal Relationships

Handling Conflicts with Parents

- Conflicts often arise from minor issues. If handled properly, the relationship between the two generations can be more harmonious. Conversely, it can lead to serious family disputes.
- The conflicts between parents and children are mostly due to a lack of understanding of each other's thoughts, needs, and situations, as well as an inability to accept each other's shortcomings, resulting in a failing to reach a consensus on family rules.
- When conflicts occur, children should avoid behaviours that harm the relationship, such as opposition, avoidance, and disrespectful attitudes, which can exacerbate the conflict.
- Steps to handle conflict:
 - ✧ Pay attention to emotions and attitudes: Anger can make people impulsive, hinder thinking, and even cause loss of control.
 - ✧ Understand your own needs: Recognise the problem and avoid pointless quarrels.
 - ✧ Understand the needs of others: Objectively start from the perspective of others, try to empathise and consider the feelings of the other party.
 - ✧ Find mutually acceptable methods: Try to let go of your obstinacy, both parties actively propose suggestions, and then choose the method accepted by everyone.
 - ✧ Review: Understand under what circumstances the conflict will be alleviated or exacerbated, as well as the gains and losses in the process, so as to improve the skills in handling conflicts in the future.
- Principles for handling conflicts:
 - ✧ Appropriate timing: Handle conflicts at the right time and in the right environment.
 - ✧ Mutual respect: With an attitude focused on the issue and not the person, make the other party feel that their opinions are noticed and understood.
 - ✧ Continuous attempts: Conflicts may not be completely resolved all at once, but as long as you strive to try and learn, there is always an opportunity for reconciliation.