How to Communicate Better with Your Family

By Shari, RN
Quotes about Communication

“To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.”

– Anthony Robbins

“The single biggest problem in communication is the illusion that it has taken place.”

– George Bernard Shaw
How to Get Along Better with Your Family
Relationships get more complicated as people mature and their roles in the family change.

Children and teens naturally see things differently than adults, and adults above 65 see things differently than young or middle-aged adults.

Changing hormones in the body at different ages can also make people more moody.
Disagreements in families can happen often, and you may never know why reactions are so intense.

Sometimes people are very emotional when they want to have more independence or more respect.
Does it seem like you argue too much?

Some common things families argue about include:
Use of the car, television, phone or computer

Discussion: Give an example from your life
Misunderstandings

- Jumping to conclusions, poor communication, and general misunderstandings can lead to bickering and fighting.
- Try to find out what the person really meant to say.

Discussion: Give an example from your life
Chores and Housework

Discussion: Give an example from your life
Choosing friends, music, clothes, hairstyle.... or your lifestyle

*Discussion: Give an example from your life*
Future plans or goals

Discussion: Give an example from your life
Discussion:

- Why do you think the people you live with want to know where you are and who you are with?
- Why do people care how you dress or how you look?
Family Problems

- Divorce, remarriage, or moving, illnesses, or other changes be very difficult to cope with.
- Losing a job or not having enough money can be a big stress in families.

Discussion: Give an example from your life
If you feel like your family puts too much pressure on you, or has expectations for you that are too high, it can also cause a lot of stress.

Discussion: Give an example from your life
Conflict, arguing or fighting at home is hard for everyone.

But, even if you are frustrated, it is important to get along with your family if you plan to keep living together.
Here are a few tips to help you get along:
• Be honest with each other
• Avoid name-calling (even nicknames can seem disrespectful)
• Try to give any criticism in a positive way (helpful feedback, not complaints)
• Share time with your family – It is valuable
• Try to get along better so your home can be less stressful
Remember who they are.

- No matter how much you disagree, it is important to remember that your family members deserve to be respected.
- You don't have to agree with them, but respect their position as people who care about you and want your life to be good.
- Try to listen to the people you trust instead of making hasty decisions.
Try and see it from their point of view.

Instead of thinking of people as “controlling,” “overprotective” or “annoying,” when they give you advice, think of them as simply trying to keep you safe and healthy.
Talk it out.

- Instead of yelling, screaming, and storming off, try to have a civilized talk.
- This means telling your side of the story and listening to theirs.
- If you communicate calmly instead of yelling and screaming, misunderstandings are less likely.
Earn Respect.

- Another way you can get along with your family is to earn their respect.
- When you behave responsibly, people in your family are more likely to respect and trust you.
More Quotes

- “The way we communicate with others and with ourselves ultimately determines the quality of our lives.”
  - Anthony Robbins

- “We have two ears and one mouth so that we can listen twice as much as we speak.”
  - Epictetus

- “Speak when you are angry – and you’ll make the best speech you’ll ever regret.”
  - Dr. Lawrence J. Peter
Your relationships are very important during recovery

Even when it is hard to get along, use your communication skills and listening skills

Help keep your home life as calm and happy as possible
References


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