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My relationships with my sisters and brothers bring meaning to my life. I am a caring and loving individual. Sometimes I may forget to show affection to my siblings in the way I mean to, but my love for them remains deep in my heart.

I have well-intentioned thoughts and actions towards my sister or brother. My genuine concern towards them can sometimes go overboard, which may result in differences of opinion, arguments, or misconstrued messages.

I choose to make peace with my siblings in order to maintain healthy family relationships.

I can control only my own thoughts, actions, and behaviors. Even though my siblings may hold a grievance against me -- whether justified or unjustified -- I choose to allow that to be their own decision, and not one that I can control.

Today, I reflect upon my relationship with each of my brothers and sisters. I choose

kindness over spite, harmony over discord, and positive vibes over negative ones. My peaceful and loving relationships with them bring me joy and makes me feel that all is right with the world.

Self-Reflection Questions:

1. Am I guilty of wrongdoing towards my brothers or sisters? Have I offered apologies?
2. What are some things I currently do to show my siblings that I appreciate them?
3. How often do I spend quality, meaningful time with my brothers or sisters? Is it possible to set aside time on a regular basis to have a phone conversation or see them in person?