

# I understand my family

## **I understand my family.**

I accept and love each member of my family. I understand their quirks, thoughts, and feelings. I respect their opinions. I am happy to be a part of this family.

## **I love my family with my entire soul.**

I understand we have our differences and sometimes even argue. These issues are a normal part of family life. But I avoid allowing negative thoughts or feelings to affect my family.

I give thanks for my wonderful and strong family. I show my gratitude each day.

I admire my family. I acknowledge everything they give me. I take notice of their love and encouragement. They are my safety net and support system. They lift me up and carry me through challenges.

**I am always here for my family.** I am here to listen, love, and support. I am ready to give advice and help.

I am considerate of each family member's feelings.

I know we are unique and have different opinions. I know disagreements are a natural part of life. I still support and love them despite our arguments. I avoid letting pain, guilt, or shame stop me from caring about them.

**Today, I show my family my love.** I respect each member, and I am grateful for each thing they bring into my life.

## **Self-Reflection Questions:**

1. How can I understand my family if we fight and argue all the time?
2. What can I do to help me grow closer to distant family members?
3. What can I change to make family life easier for all of us?