

If one member suffers, all suffer together;  
if one member is honored, all rejoice together

As a family with Jesus in your midst, you are called to reconcile when you cause each other suffering. Coming together and being healed by that forgiveness is one of the most amazing graces you possess. The more you use this grace, the more you experience the presence and love of Christ in your family.

## Focus on Family Relationships

### Caring *versus* Indifference

- \_\_\_ by listening when...
- \_\_\_ by asking him/her how he/she felt about...
- \_\_\_ by taking him/her seriously about...
- \_\_\_ by not listening.
- \_\_\_ by not caring how he/she felt about...
- \_\_\_ by making fun of him/her.
- \_\_\_ by demanding...

### Respect *versus* Disrespect

- \_\_\_ by caring whether I would hurt his/her feelings.
- \_\_\_ by asking whether I hurt his/her feelings.
- \_\_\_ by giving full attention to him/her when...
- \_\_\_ by dropping what I was doing when...
- \_\_\_ by not caring whether I would hurt his/her feelings.
- \_\_\_ by not caring whether I did hurt his/her feelings.
- \_\_\_ by acting occupied when...
- \_\_\_ by complaining when...

### Praise *versus* Criticism

- \_\_\_ for doing/saying...
- \_\_\_ for remembering.
- \_\_\_ for looking nice.
- \_\_\_ for the way he/she...
- \_\_\_ by saying, "Thanks for..."
- \_\_\_ by saying, "You're good at..."
- \_\_\_ by saying something gentle when upset.
- \_\_\_ by calling a nickname he /she likes.
- \_\_\_ for doing/saying...
- \_\_\_ for forgetting to ...
- \_\_\_ for the way he/she looked.
- \_\_\_ for the way he/she...
- \_\_\_ by saying, "It's about time."
- \_\_\_ by saying, "You never..."
- \_\_\_ by saying, "Shut up!"
- \_\_\_ by calling a name he/she doesn't like.

### Making Peace *versus* Fighting

- \_\_\_ by saying, "I love you.."
- \_\_\_ by saying, "Let's be friends and talk."
- \_\_\_ by refusing to push, shove, hit, or slap when...
- \_\_\_ by expressing my feeling.
- \_\_\_ by asking forgiveness when...
- \_\_\_ by following my rule never to hurt a family member.
- \_\_\_ by teasing him/her.
- \_\_\_ by starting an argument with him/her.
- \_\_\_ by pushing shoving hitting, or slapping him/her.
- \_\_\_ by deliberately doing something to annoy him/her.
- \_\_\_ by accusing him/her of...
- \_\_\_ by insulting him/her or being sarcastic.