

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.