

If one member suffers, all suffer together;
if one member is honored, all rejoice together
(1 Cor 12:26)

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

Trust *versus* Suspicion

- ___ and showed it when...
- ___ by trusting that he/she would tell me when...
- ___ by thinking of a good reason he/she had for doing...
- ___ by taking his/her word for it when...
- ___ by thinking, "Maybe the mistake was mine."
- ___ by presuming he /she was doing some thing good.
- ___ by thinking I couldn't trust him/her when..
- ___ by trying to worm information out of him/her when...
- ___ by thinking he/she was trying to make me feel bad when...
- ___ by suspecting he/she lied to me when...
- ___ by saying, "It's your fault."
- ___ by saying, "What are you doing now?"

Understanding *versus* Control

- ___ by treating him/her the way I'd like to be treated when...
- ___ by realizing that he/she has feelings like I do.
- ___ by realizing that he/she deserves my deepest respect.
- ___ by letting him/her be when there is no harm in it.
- ___ by laying conditions on him/her only when necessary.
- ___ by being willing to go along with him/her when...
- ___ by being bossy when...
- ___ by making threats when...
- ___ by nagging and picking at him/her.
- ___ by saying "No" frequently.
- ___ by saying "unless," "or else."
- ___ by saying, "Why should I?"

Forgiveness *versus* Hostility

- ___ by sacrificing my pride and making the first move when...
- ___ by saying, "Let's be friends" when...
- ___ by touching him/her gently when...
- ___ by saying sincerely, "That's OK; I know you didn't mean it" when...
- ___ by saying, "I'm really sorry; please forgive me" when...
- ___ by saying, "You're right; let's make up" when...
- ___ by maintaining a "cold war" with him/her when...
- ___ by acting aloof when...
- ___ by slamming the door or breaking something when...
- ___ by getting upset with him/her when...
- ___ by refusing to approach him/her after I had hurt him/her by...
- ___ by refusing to accept his/her attempt to reconcile with me when...