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Champion of S4

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Ways to strengthen my family relationship

What does “family” mean to you? In my opinion, family is a group of people where there is love and care between everyone, and a place where I can feel free and talk about whatever I want.

Have you ever thought of ways to strengthen your family relationship? It doesn't need to be too hard. Here are some ideas. First, communication is a way to strengthen your relationship, such as listening carefully without distraction. Trusting one another and being honest to each other are good methods of communication. It is also the best and the most effective way since the first step of every relationship comes from communication.

Next, spending time together is also a good way to strengthen the relationships within a family, such as going hiking, enjoying a picnic and playing sports together. According to some studies, spending time with our family allows for opportunities to grow from other family strengths. I also like spending time with my family several times a week, such as having a meal with them and watching movies with them, because spending time with them makes me happy, and I feel warm when I am beside them.

Last, forgiving and being open and honest are also ways to strengthen family relationships. Everybody makes mistakes, sometimes family members might say or do

something that are hurtful, but it is for the greater good. Nobody likes someone that hates people all the time, so forgive all that needs to be forgiven. Let go of any feelings that are harming you and your family, and let love heal your wounds.

To summarize, communication, spending time together and forgiving are three ways to strengthen family relationships. There are multiple ways to strengthen your family relationships, but you must discover them for yourself.