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Ways to strengthen my family relationship

Every nuclear family bickers and my family is of no exception. Family relationships, in my opinion, should always be strengthened by every family member collectively. I am a part of my lovely family, and there are several ways I can make my family strong and sustainable.

First and foremost, having adequate communication can help reduce misunderstandings among one another. Family squabbles and violence occurs because of incompatibility, which is caused by generation gaps and a lack of communication. People will not know what we think and need if we do not speak out. This is how an argument is usually initiated. As a result, communication is the cornerstone of a healthy relationship. I can talk about anything with my family: from frivolous and trivial matters to deep discussions where love and emotion is expressed between my parents and siblings. This important step means I can know what they think of me and how to develop an understanding attitude – instead of mind-reading others' thought or being self-centred. In the end, my family relationship will be strengthened in the context of having more interaction.

In addition, family relationships can be dramatically enhanced by showing appreciation for what family members have done. Everyone wants compliments, especially from their loved ones. Expressing my most sincere affection, like THANK YOU or YOU ARE AMAZING, is how I can win my parents' hearts and boost their self-esteem. However, what happens is, I sometimes do not gracefully offer my compliments when a family member does something for me such as housework or cooking. I seem to take it for granted. My parents, who have been laboring all day, will certainly hold grudge against me. If I learn to appreciate, it can make everyone in the family behave constructively and enthusiastically towards one another. The family could then come together and the relationship will become long-lasting.

Apart from the previous two ways, having commitment is also a solution to strengthening my family relationship. Imagine a family having no communication. People will not call their home 'home sweet home' and the relationship among all family members would deteriorate. The way to effectively reinforce the family bond is to commit myself to the family. Knowing that every member is incredibly precious makes me prioritize my family and feel happy to be tolerant and to make sacrifices. If I learn to be altruistic, we will be united and the family relationship can grow stronger than ever before.

Last but not least, laughter is definitely a panacea for strengthening my family relationship. If a family has no laughter or joy, emotional bonds can hardly be found between members and it will surely be bad for the family relationship. It is very true that, when people laugh together, they will put all bias and anger aside, and will perceive others as more similar to them. As a consequence, if I can bring some joy when building a strong

and committed family association, like sharing jokes, laughing at the funny things they say that I do not find very hilarious, and developing a unique sense of humour, plenty of family tensions can be eased and laughter can surely make my family relationship sustainable.

It has never been easy to build strong and sustainable family relationships. Yet, if I can fulfill my obligations cheerfully as a devoted family member, bickering can be avoided and my family relationship can be firmly consolidated as time goes by.