



## Resolving Parental Conflicts

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### **Parental Conflict**

The relationship between the parent and their offspring is such a precious relationship but often comes with unresolved conflict.

Not only can this lead to problematic relationships in the family, but is often the cause of many underlying patterns of behavior that impact on the individual in all aspects of their lives.

Unresolved issues cause a pattern of behavior which unless addressed at its source can lead to a never ending repetition of unwanted outcomes.

### **Have the right mindset**

Anything involving family tends to evoke emotional responses and it is not easy to try and talk about things in a constructive manner, so here are some tips to share:

- Work out your “why?” Is it coming from a constructive place or are you just looking to vent repressed emotion? If it is the latter, be careful as you are likely to get a defensive response
- Remember that parents typically do the best they can do in the frame of reference they have at the time; it is very easy to judge especially as society changes, but try to be empathetic
- Are you expecting your parents to change? This is unlikely. You are the one who is should be looking to change. Take and own the situation, after all unresolved issues are simply your emotional connections to historical situations.
- In following on from the above, I think the over-riding principle to have is one where you are looking for your parents to help you understand, build awareness etc. It is not about them!! If you are looking to them for help, you are parents are likely to be engaged, if you are looking to vent, tell them how bad they were as parents, what they need to do to change, you are coming at it from the wrong angle

### **Create the right environment and process**

Set up some quality one on one time in the right environment, mixed it in with some light hearted, shared activities and then asked the following questions as part of a shared experience:

- Ask them about their life, the highs and lows from their perspective. A real “seek to understand” session
- Ask them to give me their perception of your life journey, again focusing on your “highs and lows”
- Finally give them your own account of your life journey again focusing on your “highs and lows”

The rest will flow naturally flowed from these questions....