

ALL HAPPY FAMILIES ARE  
HAPPY ALIKE, EVERY  
UNHAPPY FAMILY IS  
UNHAPPY IN ITS OWN WAY

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Leo

Tolstoy

# MATCH THE WORDS WITH THEIR DEFINITION

1. a row

a) to deal successfully with a difficult situation or job

2. an argument

b) a noisy argument or fight between two or more people

3. to cope with

c) to discuss a plan or situation

4. to talk through

d) a disagreement between people or group

5. a conflict

e) an angry disagreement between two or more people

6. fake

f) to deliberately try to make someone angry

7. provoke

g) false



LISTEN TO THE PEOPLE TALKING ABOUT THEIR ATTITUDE  
 LISTEN TO THE RECORDING AGAIN AND COMPLETE  
 TO FAMILY DISAGREEMENTS AND COMPLETE THE FIRST  
 THE THIRD LINE IN THE TABLE.  
 TWO LINES IN THE TABLE. \*

	Andy	Jane	John	Lori	Phil
1. Do you have family rows?	<b>NO</b>	<b>NO</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>
2. Did you often have rows?	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>
3. How do you cope with a difficult situation in your family?*	It's easier to talk about things calmly.	A quiet conversation is better.	I only wish she would stay home and talk through the problems.	Kiss and make up after the row.	Think that he should not have avoided the conflict.



# Happy end...?!

- Family conflicts is a major issue on this planet. Just look at all the people in therapy! Unfortunately, family members are so busy that no one has the time to address conflict in a more calm, loving, and centered way. There is a great topic about it here and I hope, families will learn to be more patience and find the positive from conflict.

# TASK TO DO

- Write an apology letter to the person you had an argument with recently.
- Open your heart and tell them everything nice you can, remembering their best part ... and rules of letter writing.
- Not too many limits...just not more than 200 words, please.