



Family Difficulties

You may think that the teenage years are the most difficult one with your children. However, the problems don't go away when they become adults. Instead they can become more complex! I recently had a situation where I could feel a distinct frostiness coming from my step daughter. She was very iffy about coming to our family Sunday lunches although she did come with her husband most weeks when we were around I felt it wasn't with quite the same enthusiasm as before. As always these things come to a head and we were having a large family gathering from my husband's clan last weekend which she suddenly backed away from. This upset me as I rather hoped for her support. When I brought this up with her husband it turns out that she is feeling neglected – she cherished the times we used to have just the four of us or just the two of us and these just hadn't been happening over the last few months. My first reaction was to be upset – after all I made myself available to cook for the family every Sunday and I felt a little affronted. On reflection though I realised the basic problem was one of LOVE! She only felt upset because she loved me. Next time you have a difficult situation with your family remember that the basis of your relationship is love and once you realise that everything can be sorted no matter how complex. Also don't forget that our loved ones want that special time with us – it's very precious and we should always find time – always for those we love.

Love and blessings

Anne