

The same thing applies to the way we describe certain situations to ourselves. We can describe a negative feeling by saying, “He stabbed me in the back” and feel a strong stabbing pain. We can reduce it by redescribing it as, “He hit me in the back.” We can stick with that, or, if we want to reduce the hurt further, we can redescribe it as, “He was not nice to me”, and so on.

Why not take the beautiful tool G-d has given us — the brain — and use it to work for us rather than against us? By giving others the benefit of the doubt and by using different words to describe a bad situation we may not change the other person, but we will definitely change our feelings and reduce our pain, which makes it a worthwhile exercise.

Love your child’s parent

- *How can we, as parents, earn our children’s respect?*

If you really love your child and would do anything for him, one of the best things you can do to make him happy is to love his mother/father. The opposite of that is all too well known as we witness the tragic effects that unloving marital relationships produce.

When a child sees the respect and love that one parent has for the other, such as when a father says, “Let’s go and buy flowers for Mother”, or the mother says, “Let’s all wait and have dinner together when daddy comes home, the child will feel reassured and be filled with a sense of wellbeing.

Knowing that the two most important people in their lives are in harmony with each other gives children an unbelievable sense of security. It also gives them a living example: “If my mother respects

my father and my father respects my mother, then I, as their child, am inspired by them to emulate their ways.”

If you can't change your fate, change your attitude

Working together with your children before Mothers/Father's Day regarding what special gestures you can make and what special loving actions you can perform is a very rewarding experience. It intensifies the relationship between the parents themselves and between a child and his parents.

Try to understand before being understood

- ***He never understands me***
- ***She never accepts anything I say.***

“You're in incredible shape,” the doctor said. “How old are you again?”

“I am 78,” the man replied.

“78?” repeated the doctor. “How do you stay so healthy? You look like a 60-year-old.”

“Well, when we got married my wife and I made a pact that whenever she got mad she would go into the kitchen and cool off and I would go outside to settle down,” the man explained.

“What does that have to do with it?” asked the doctor.

“I've pretty much lived an outdoor life and it's kept me looking young for my age.”

Some people may be married for 50 years without ever taking the time to really understand their partner. They really don't know what makes the other person tick, or what really goes on in their mind.