

Untangling Feelings

By Marissa Widdison

Part of growing up is learning to become more independent. Even when you know that family members love you and want what's best for you, there may be times when you don't agree with what they say or do. When you are stressed, it's important to talk, share, and find solutions together. Below are examples of what scriptures and prophets teach about getting along with family members.

Try to match each story or quote below with one of the statements on the right. Then untangle the lines to check your answers.

1. President Thomas S. Monson taught, "Be honest with your mother and your father. . . . Communicate with them. Avoid the silent treatment" ("Be Thou An Example," *Ensign*, May 2005, 112).

2. When Enos wanted to better understand his father's teachings, he prayed. (See Enos 1:3–4.)

3. Elder L. Tom Perry said he and his wife would take walks around a pond to feel better when they were stressed. (See "Let Him Do It with Simplicity," *Ensign*, Nov. 2008, 7.)

4. When Nephi's father began to murmur about their trials, Nephi still worked with him to find food for their family. (See 1 Nephi 16:20–23.)



I can pray that Heavenly Father will help me and my family members understand one another.



I can talk with my parents when something is bothering me.



I can find safe, healthy ways to let go of upset feelings.



I can treat my family members with respect, even if I don't agree with them.