

## LIVING WITH PARENTS THAT ARGUE...PART II

**Tool #5** – Don't allow their emotions to become your emotions.

Many times we end up portraying the same attitudes and actions of our parents. We may find ourselves screaming, yelling and throwing fits. We cannot allow their emotional disturbances to become our emotional baggage.

10. How careful should you be with your heart? Proverbs 4:23

**Tool #6** – Be wise in how you respond to your parents

9. How powerful is hatred? Proverbs 10:12

10. Seek the one who gives wisdom. Who gives wisdom? Proverbs 2:6

11. When responding to your parents it is vital that you have not only wisdom but also what? Proverbs 4:7

12. What is one method to cease anger? Proverbs 15:1

13. Wholesome words springs forth what? Proverbs 15:4

**Tool #7** – A time to leave

Graduating high school is an opportune time to go to college. This is a very good time to step into becoming an adult and to leave a life of negativity behind. Leaving for college not only allows for academic growth but also allows you to determine whether or not negativity will have place in your space. Because of your previous surrounding you may find yourself 1) speaking louder than others, 2) seeking an argument or 3) refusing to establish healthy relationships with the opposite gender. One must be very conscience of these things and seek counseling if needed, but at some point it is up to you to say no to negativity.

## CONCLUSION

You cannot determine your parents. However, you can determine the influence you have on them. Even though our parents teach us and are just like us they mess up sometimes. It is not our place to judge them, only love them; because no matter how rough the arguments are, things could be worse. Always stand back and ask yourself, "What can I learn from this situation?" Lastly, remember that you do not have to react to your surrounding circumstances, but you can positively respond to them.