

ISSUE NO. 05



Dealing with Family Dysfunction and Conflicts

CHENNAI HUB

FLIPBOOK - INM PROVINCE



“FAMILY
is
Where
I BELONG”

#KeepMeSafe

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Introduction

Family dysfunction and conflicts are unfortunately common experiences. While it can be emotionally challenging, understanding these dynamics and implementing effective strategies can help navigate these situations with greater ease.

“Understanding Family Dysfunction”

American Psychological Association quoted that “Family dysfunction and conflicts are unfortunately common experiences. While it can be emotionally challenging, understanding these dynamics and implementing effective strategies can help navigate these situations with greater ease”.

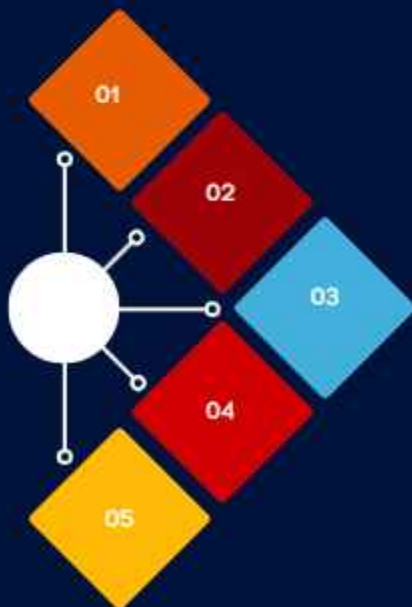


>>> Common Causes

- Stress and Addiction
- Mental Health Issues
- Financial Problems
- Separation from Loved One
- Death of Parents
- Missing of Parents
- Poor Communication

>>> Signs of Dysfunctional Family

- Parental Conflicts
- Financial Struggles
- Addiction Issues
- Poor Communication
- Lack of Emotional Support
- Neglect by Parents
- Blaming and Guilt-Tripping



>>> Types of Family Conflicts

- 01** | Parental Conflicts
- 02** | Parent-Child Conflicts
- 03** | Marital Conflicts
- 04** | Intergenerational Conflicts
- 05** | Neighbourhood Conflicts

>>> Strategies for Coping and Healing

1

Trusted Friends and Family

Share feelings with people who offer empathy and understanding

2

Professional Help

Professional guidance can help develop coping mechanisms and improve relationships

3

Support Groups

Connect with others who have shared experiences

4

Active Listening

Give attention to the speaker without interruption

5

Avoid Defensiveness

Stay calm and focused on resolving the issue

6

Recognize Your Role and Set Boundaries

Establish clear limits on acceptable behavior and protect your emotional well-being

>>> Healthy Ways to Navigate Family Dysfunction



Identify and Understand the Root Causes



Don't feel guilty about saying "no" when necessary



Engage in deep-breathing exercises to reduce immediate stress



Focus on Solutions, Not Problems



Ensure you're getting enough rest and nutrition



Talk to a trusted friend, counsellor or support group



Take breaks when things get too intense



Consider family therapy to address deep-seated issues

Remember, managing stress and dealing with family conflicts is a journey. Be patient with yourself and acknowledge small victories along the way.

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>>> Building Healthy Relationships



Trust and Honesty

Empathy and Understanding

Quality Time

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04

>>> Here are some government schemes that are meant for assisting families



National Family Benefit Scheme (NFBS): Provides one-time cash assistance of Rs. 20,000 to families below the poverty line when the primary breadwinner dies.

<https://www.myscheme.gov.in/schemes/nfbs>

PM CARES for Children Scheme: Provides care and protection to children who lost a parent or legal guardian to the COVID-19 pandemic.

<https://pmcaresforchildren.in/>



Chief Minister's Girl Child Protection Scheme: Provides financial assistance to girl children from poor families.

<https://www.tnsocialwelfare.tn.gov.in/en/specilisationschild-welfare/chief-ministers-g>

Scheme for Prevention of Alcoholism and Substance (Drug) Abuse: Provides community-based services for identification, motivation, counseling, de-addiction, after care, and rehabilitation.

<https://www.india.gov.in/scheme-assistance-prevention-alcoholism-and-substance-abuse-and-social-defence-services>



Scholarships for Higher Education for Young Achievers Scheme (SHREYAS): Provides scholarships for higher education.

socialjustice.gov.in/schemes/97

Rashtriya Swasthya Bima Yojana (RSBY): A health insurance scheme for families below the poverty line

<https://pmjay.gov.in>



Beti Bachao Beti Padhao (BBBP): Aims at preventing female feticide and promoting the education and welfare of girl children

wcd.gov.in/offering/beti-bachao-beti-padhao-scheme

>>> Roots and Wings

In a small town in southern India, a family gathers around the dinner table, but the usual warmth is missing. Arjun, a young man with dreams of moving to the United States., and Priya, his sister aspiring to study arts in Mumbai, face resistance from their conservative father. Tension fills the air as generations clash—tradition versus ambition, security versus freedom. As emotions rise, the family turns to a wise elder for guidance. Will love and understanding bridge the divide, or will old values hold them back?

Father: Arjun, this idea of moving to the U.S. – it's foolish. What's wrong with staying here and taking care of the family?

Arjun: Appa, I want to grow, explore, and build a future on my own terms. There's so much more out there.

Father: Abandon your roots? Our traditions? This is not how we raised you.

Mother: Let him speak. He's not abandoning us; he's trying to build a better life.

Priya: And what about me? I got into an art college in Mumbai. Why can't I follow my dreams like Arjun?

Father: Art? In Mumbai? That's not a proper career, and it's not safe for a girl to live alone in a big city.

Priya: If Arjun can chase his dreams, why can't I? Why are the rules different for me?

Mother: Maybe we need another perspective. Let's speak to the elder.



>>> Roots and Wings

Elder: I understand both sides. I once struggled with these same conflicts. Change is difficult, but isn't a father's greatest joy seeing his children succeed?

Elder: Distance doesn't break a family. What matters is how you stay connected.

Father: Priya, if you go, you must ensure your safety. And Arjun... don't forget where you come from.

Arjun: I never will, Appa.

Father: But if they leave, what happens to us?

Mother: We should support them, not hold them back.

Priya: Thank you, Appa. I promise to make you proud.

>>> Reflection

Family conflicts, especially between generations, are natural, but love, patience, and open dialogue can bridge even the deepest divides. Tradition and progress can coexist when there is mutual understanding and respect. True family bonds are not defined by proximity but by the willingness to support and stay connected despite differences.

➤➤➤ Conclusion

Navigating family dysfunction and conflict can be a challenging process. By implementing these strategies and seeking appropriate support, individuals can work towards healthier relationships and personal well-being. It is essential to remember that healing takes time and patience. By focusing on self-care, effective communication, and seeking professional help when needed, individuals can overcome these challenges and build a more fulfilling future.



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National YaR Day: 31 August
National YaR Campaign: 31 Aug 2024 - 30 Aug 2025

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