

# Family Conflict

It is normal to disagree with each other from time to time. Occasional conflict is part of family life. However, ongoing conflict can be stressful and damaging to relationships. Some people find it difficult to manage their feelings and become intentionally hurtful, aggressive or even violent.

Whether it's a disagreement with your spouse, or yet another shouting match with your teenage child, conflicts at home are the most challenging to face because of the emotions involved with the ones we love.

**It is well recognized that some of the stages a family goes through can cause conflict. These may include:**

- Learning to live as a new couple
- Birth of a baby
- Birth of other children
- A child going to school
- A child becoming a young person
- A young person becoming an adult.
- Separation or divorce
- Moving to a new house or country
- Travelling long distances to work
- Commuting interstate for work.
- Change in financial circumstances.

Family or domestic violence is very different from disagreements that are part of healthy relationships. This is when someone within a family uses violence or other forms of abuse – psychological, verbal or sexual – to control or intimidate other family members.



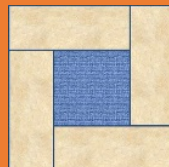
**Family violence  
is never OK**

National  
Domestic Violence  
Hotline  
**1-800-799-7233**

“Some families never fight, but they also never talk to each other either.”



There are services available to help family members work through difficult issues of conflict. Seek professional advice if you think you need some assistance.



**INVENTIVE  
COUNSELING**

Contact E.J. at  
(919) 753.6238

[www.InventiveCounseling.com](http://www.InventiveCounseling.com)