

FAMILY – WHY NOT LOVE THEM?



You may have heard the saying; "You can choose your friends, but you can't choose your family". People using this saying are generally not being positive about their family. As a result there are many families or members of families that do not speak and miss out on some of the greatest pleasures in life for themselves and their families for generations to come.

Since my mum died in 2004, I haven't really made a lot of effort with keeping contact with her side of the family. She has a brother, sister and they have six children between them and I had lost touch and would justify by saying that I don't really get on with them. They are just family and I can't choose them anyway! Well last night was my cousins 40th birthday and I don't know why, but something inside me made me go to it!

I am so glad I did. I took my wife Laura and for the first time she met my cousins properly. We both came home excited about reconnecting with a part of my family that I honestly hadn't made much effort with and we are now looking forward to becoming active and happy family members again for us but also for our children (we are still practising!). On the way home Laura lamented about a family feud in her own family. Her mum hadn't spoken to her 3 brothers and only sister for many years. As a consequence Laura and her brother and sister haven't spoken to their cousins. **What a shame – what are they missing?**

This is a long winded way of saying, if there are issues in your family, pick up the phone today and get them sorted out. You may be saying "But, you don't know what 'such and such' did!". You are right, I don't. But I do know that you have the power to **forgive** and to make a new start on what could be one of the most fulfilling relationships you have ever had. Think about why a family tiff or feud may have started in the first place – it is really that big of a deal?

Here are some reasons why it is great that **you can't choose** your family:

1. You will always have someone to turn to
2. Deep down, when all is said and done, the love is unconditional
3. Family friendships are some of the strongest I have ever seen
4. You always have people to share special events with and get presents from!
5. You will feel secure and happy that help is only just a phone call away
6. You can be there to help them – which is a fantastic feeling
7. They are always a source of laughter!
8. It is always growing
9. You can positively influence many people for generations to come
10. Love is all there is

You may be asking what this has to do with wellbeing. The answer is EVERYTHING! The happiness, joy and security that comes from loving family connections is one of the most important things to keep you healthy and prosperous for many years to come.

I challenge you to pick up the phone TODAY and call a family member to say; "I love you" or "I am sorry". It is your family; you can't change that so why not love them?