

JOYFUL HOMES AREN'T PERFECT

They assume the best.



Your brother posts something divisive on social media. A guy cuts you off in traffic. Your kid is whining. You can't control anything about these frustrations, except the most important thing: how you respond. When we **assume the best**, especially of those in our own home, we invite so much joy into families—even if we're wrong!

As a family, discuss:

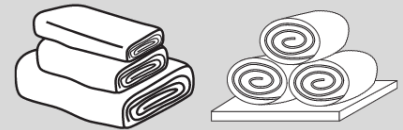
- When is a time recently when someone annoyed or hurt you? What did you tell yourself their motive was?
- How can we see the situation from their point of view?
- What difference would it make if we assumed the best of each other and others all the time?

Pick one practice this month!

One small, attainable goal sets us up for success.

- Imagine and speak out loud the good motives of those who frustrate you: *He must be in a hurry. She really believes that is the best for me. It must be really difficult to make that kind of decision... I'm sure they took all the information into account.*
- Ask a family member to tell you the reason behind a behavior that makes you crazy (see box at right).
- Pray each day for a specific person about whom you have difficulty assuming the best. Ask God for compassion to see through their eyes.
- Consider ways you have assigned bad motives to others, and bring them to the sacrament of Reconciliation.

FIND THE VALUE



Do you love someone who does things the **wrong way**? Maybe he folds the towels instead of rolling them, or she loads the dishwasher in a haphazard way.

These little behaviors can drive us crazy!

To get past this, simply ask the person the reason they approach the situation like that. Usually, the value behind their behavior is not so hard to support. Once we understand each other better, it's easier to come to a good solution.

Scripture of the month: Genesis 1:31

*God looked at everything he had made, and found it **very good**.*

God, help me see everyone in my life through your eyes!

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