

## **Peace of Mind in Challenging Times: Share what we care**

Uncle Hung has a very good relationship with his son, William

Tonight, the father and son are having dinner

There is a new restaurant opened nearby

shall we give it a try tomorrow?

Er...

William does not mean to spoil the mood

but he has already made plans with his friends

to take part in a procession the next day

Going to demonstration again?

Didn't you go last week already?

I just want to express...

For what? What is the point?

What if something happens to you?

You're always making me worry!

You won't understand!

William goes to his room without finishing his dinner

leaving Uncle Hung sitting alone

feeling angry and worried

### **Expert Advice**

Communication is a two-way street

where each person's response affects the other's perspective

Sometimes, we may overlook the underlying meanings behind the words

For instance, William openly shared that he intends to join a procession

which is a sign that he trusts and respects his father

Similarly, Uncle Hung was really concerned and worried  
about the safety of his son

But then, he got angry because he could not change William's mind

William went to his room as he did not feel respected

This move, however, made Uncle Hung feel rejected

## **Tips**

### Keep Calm

Under these circumstances

we should calm our emotions

so as to ensure effective communication

We can take a deep breath

or drink a cup of water

to calm ourselves down

To avoid escalating the conflict

we can pause the conversation or leave

but let the other person know first

Dad, we are both tired

Let's continue this tomorrow

### Communicate effectively

Communication is underpinned by mutual respect

Do not humiliate

yell or resent one another

Even if we fail to reach a consensus

try to understand that everyone has different views

and express our care in other ways

If the same situation happens again

what will Uncle Hung and William do?

Going to demonstration again?

Didn't you go last week already?

I just want to express...

It's very dangerous

Don't worry, Dad

I will play safe

Uncle Hung takes a deep breath

Alright, take care of yourself

I will wait for you tomorrow with your favourite tomato soup

Great! I'll have three bowls of it!

## **Reminders**

We should bear in mind the following points

when communicating with our children:

Stay calm during a conversation

Respect one another

Accept others to have different views from us

Use other ways to express our care