Arthur Lewis

2026FA.ENG111P-002

2026FA.ENG111P-002:Composition I Plus

Family Matters (Positive or Negative)

Between discontentment and acknowledgement, along with certain addictions to no ethics. Dealing with family members is totally real! We all have family, but is each of us looking to improve relationships or keep relationships in a undesirable zone . The joy and discrepancies can make a comfortable climate or an uncomfortable climate. When you were born into the world, did you know anything about life? NO! Observation of how your life begins, come even before you speak a word. Watching, listening and experiencing each day of life to the fullest.

Being taught the proper ways of handling life or improper ways of discovering it on your own without guidance. Let's admit one thing, family will challenge you more than life itself. People that know you, better than you know yourself, until you've found yourself. Researching, I obtained a book entitled "*Climate Change" by Sara J. Ray, pages 106 - 123 of the 5th chapter* improved even my outlook and thinking.

Chapter 5 pg. 106 "Being less right and more relation" says “What is wrong with these people?” We are forgetting that most of our beliefs have nothing to do with science or technology, but everything to do with emotions. And we are shutting down constructive dialogue before it has even begun. Once you start from childhood to adulthood, changes your perspective on conscious decision making about your life. Which people become either instrumental or detrimental insiders of growth for you. "Truth" becomes the #1 conclusion before "Lies" that can make or break a family completely. Personally, I’ve never lied to my 3 children about my self situations or what included them. However, I’ve been lied to on a frequent basis, not told specifics or was ever asked, to be a part of my children's life by their mothers. Through my own personal experiences, I've learned that by being a great listener, before responding can be essential. Everyday can be challenging, but we'd love fun and joy to rule it simply can't. There are valuable lessons taught and mostly experienced through life, which give you conclusions on circumstances and situations. I had noticed *"were becoming increasingly alienated from certain family members and friends as they became more strident in their thinking." pg. 107 of the book "Climate Change" by Sara J. Ray.* Being an only child the perspective was always, he's definitely spoiled and he gets what he wants. I usually do, but I've always worked for it with no excuses. But the youth today, climate control of their feelings and emotions seem to over shadow relationships for the better.

On page 108 chapter 5 of "Climate Control" by Sara J. Ray. "Meet people where they are." in this statement "*When we talk to people with curiosity, flexibility, and respect, in a way that shows that we understand where they're coming from, they are more likely to respond positively to what we have to say."* However, negative responses come from either not knowing, not caring and not being responsible enough to handle family. Which I'm sure we've all experienced that! Letting situations dictate and control our relations of well being. Of course, having birthday parties, backyard family barbecues, reunions, weddings, graduations, anniversaries are all mostly joyful. But, when people won't acknowledge you, for who you are in life makes you begin to respond differently. The separation begins, the arguments, having planned events turn into joyless happiness. Strident the definition: Forceful and Aggressive (Attitude): Expressing criticism, complaints, or political views in an insistent, hostile, or obnoxious way.

In all do respect, celebrating your self accomplishments mean more, because you've achieved it on your own. Without family involvement of your dreams, meaning just moral support and gratitude speaks loudly plus clearly. *"What makes lives worth living is more about people, our love of family, hometown, friends, and children."* Taken from *pg. 110 of book Climate Control by Sarah J. Ray.* Success in family is not just financial, material things and parties. Just to have a simple meal on Sunday speaks volumes.

To have a family garage sell on Saturday, helps the community see you differently. Shows if you're a parent, your stability, ethics of a person and why your map of life became successful. Your personal relationships with others, outside of the family shows loyalty and sacrifice. Compassion—Self-preserving and respectful. *" With love. Empathy involves feeling another person's suffering, as if you are experiencing the same thing. Compassion is the ability to care about another persons suffering." from pg.118 of book "Climate Change" by Sara J. Ray.* In conclusion, today's climate has twice the exposure of multitasking relationships through proper communications. Not emotions that are meaningless regressions for the entire family. Stay in touch with love! Make each meeting resourceful, joyful and a useful one for every generation. It once was like that, it still can be as long as EDUCATION and LEARNING change our old ways of thinking, to better newer ways of accomplishing positive relations. No matter where they are born in the world, all human beings share the same seven core needs that then shape what they want and value. Our motivations and behaviors stem from having our needs met (or not) and our values are a reflection of these needs. **Security, Relationship, Independence, Engagement, Fulfillment, Contribution and Growth.** These human needs represent the physical, emotional, mental and spiritual aspects that give our lives meaning and purpose. As they grow young children need to steadily experience and build on each aspect, whereas healthy adults are able to integrate them all. The ability to feel whole as a person is really important for our well-being and, just as in all other living systems, our biology is always trying to bring us into a balanced energetic state. Our (self-energy) is constantly

encouraging us to balance both our internal and external needs, so that we can access our authentic nature. Understanding why we are the way we are, that our values and personalities are a reflection of what has happened to us in our lives, and that others have experienced the world differently, starts us on the Path to Compassion. To achieve healthy human development and well-being, external aspects such as attainment and success are important, but these must be balanced with the internal need for meaning and wholeness. As social and responsive beings, our well-being is also irrevocably connected to that of others and the health of the planet. There is an all-encompassing ecology of well-being that suggests that we cannot only look at one aspect, without acknowledging the others. In fact, there is an inherent danger in doing so, as is evidenced though the current concerns about the human impact on climate change. The worlds that we experience as young children literally shape our biology and who we will become. This means that, the worlds that we experience as young children, literally shape our biology and who we will become. Our inner need for connection and wholeness is always in a state of dynamic flux as we deal with external challenges from the environment. Our personalities are built up from our genetic predispositions and the neurological patterns created by our lived experiences. Each one of us is shaped by the environment, but underneath it all we share a common connection. Love and Compassion