



Tips To Cope With — *A Broken Family* —

Accept the fact that your family relationships are troubled.



Recognize your faults, if any, and apologize.

Be ready to offer second chances to mend relationships.



If your behaviors are perceived to be wrong, be open to changing them.

Do not hold any grudges or seek revenge from anyone.



Take care of yourself and safeguard your mental health.

Seek support from your extended family or an expert.

