Family is one of the most essential aspects of life. If you can build good relationships in a family, you will succeed in this with other people, too. In addition, harmonious family constitutes a part of personal happiness.

However, it is not always easy to get on well with all members of your family. Obviously, people may be in a bad temper, be nervous or lose their temper. As usual, people's mood is influenced by stressful situations at work or at school. However, other people can also make some impact.

For example, we may have problems in college or our teacher punishes us for something. We can't deal with that and usually keep down, as we can't argue with our teacher. So this negativity after work still exists inside us and we feel angry. We come back home and the first person we lash out at is always a member of our family.

We shout at them or begin to quarrel about silly things with them. Of course, we might feel guilty afterwards because our loved ones don't deserve this. It is not fair to treat them that way. However, we can't calm down and understand that before we hurt them.

The main reason why we do so is because we know they forgive us, anyway. Nevertheless, if you want to have good relationships with your family, you should try to control your emotions, listen to your parents and relatives, talk to them and try to share your thoughts and feelings with them not to take it out on them.