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THE EFFECT OF THE PRACTICE OF INSTILLING A SENSE OF GRATITUDE IN THE STRENGTHENING OF MUTUAL RELATIONS IN THE FAMILY ON THE PERSONALITY OF THE CHILD

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ABSTRACT

This article talks about the effect of instilling a sense of gratitude on the child's personality in strengthening family relationships.

KEYWORDS

Family, feeling of gratitude, relations, child, relations, mutual relations.

INTRODUCTION

How the child's personality is manifested in society means that it depends on the environment in which the child lives and grows up, and it means that the basis of the formation of the child's personality is the product of intergenerational relations. The process of describing the role of intergenerational relations in the formation of a child's personality and comparing them with experiences is an integral part of the research. Family relations are a very important process. In this

case, using the traditions of life as an example to the child with a sense of mutual gratitude in family relationships has an important positive effect.

A child gives him meaning, purpose and joy in life when he communicates and interacts with other people. That's why relationships influence a child's life more than anything else.

Purpose: To emphasize the importance of gratitude in mutual relations in the formation of a child's personality

ANALYSIS OF MATERIALS

We want to provide information about ways to achieve the desired life in mutual family relationships and have a positive effect on the child's personality. It is very important that you realize that relationships affect your life right now, they are a powerful force that can miraculously change your life.

All of science confirms the wisdom of the great sages of the past, and research shows that thanksgiving builds strong relationships with family and friends and earns respect. But amazing research statistics show that one person needs to complain mentally or verbally about another person, and then give them ten Thank You's for the relationship to thrive. , which could end in more divorce. Gratitude not only improves relationships, but the more you express gratitude for the relationships you want, the more happiness and good things you will magically receive. Gratitude for Relationships doesn't just change relationships, it changes you. It doesn't matter what your temperament is, gratitude gives you more patience, understanding, compassion, and kindness, and lifts you up so much you don't even recognize yourself. Anger and complaints in relationships will disappear if you are sincerely grateful to the other person, and you do not

want to change anything about them. You don't criticize, complain, or blame because you're too busy being grateful for the good things. You really don't even see anything to complain about.

We can say that we are alive when we realize what is precious with our hearts. Does this method allow each family member to restore and strengthen close relationships? This, in turn, gives a positive influence on the personality of the child growing up in this family. This is what the writer says about it below.

Thornton Wilder (1897-1975), author and playwright: Words are so powerful that when you complain about someone, you are actually doing yourself a disservice. You will suffer. According to the law of attraction, what you say and think about another person attracts to you. Great sages and teachers have said to be grateful. They knew that in order to grow in this life, it is necessary to be more grateful to others. How would you feel if everyone around you said, "I love you like you love me?"

ANALYSIS AND RESULTS

Practicing Gratitude: The magical power of practice manifests in the fact that you are grateful to people, just as they are! Even if your relationship is good right now, it will increase its awesomeness with this practice. When you find a reason to be grateful in someone, this gratitude attracts with its magical

power and ensures that your relationship becomes stronger and more fulfilling. Choose three relationships with loved ones to be thankful for. For example, choose your life partner or friend, brother and sister. You can choose your best friend, grandma and uncle. Take a picture of her, either together or alone. After you've chosen three attitudes and pictures, sit down and think about why you're most grateful for that person. What do you like most about him? What are its advantages? You can thank them for their endurance, their ability to hear, their ability and strength, their common sense, their wisdom, their laughter, their eyes, or their kind heart. Think about something you did with him or a time he cared for you and be grateful for it. After you've spent some time thinking about why you're grateful for that person, put a picture of him or her in front of you, grab a pen and notebook, or write a Thank You note to the computer. write five sentences. As you begin writing your list of five sentences, look at a picture of the person, and start each sentence with the Magic Power Word: "I'm grateful." Write the name of the person, then what you are grateful for. I am grateful (name and why?) For example, "I am grateful to my brother for always making me laugh", "I am grateful to my mother for cheering me up in college." Once you've completed a list of five things for each person, start the Magic Power practice by taking pictures and putting them in a prominent place. When you're grateful to people, say

the magic power words: "I'm grateful to you" and say the person's name: I'm grateful to Khaleda. If you travel a lot, carry a photo with you in your pocket or bag, remember to look at it at least three times a day and repeat the practice.

CONCLUSION

You now know how to use Magical Power to turn your relationships into Magical Power. Positive thoughts in the development of a child's personality? Are feelings important? In order to establish a strong relationship with someone, to accept that person as he is and to be an example that serves to instill in the child the feeling of gratitude and gratitude for his existence, such a relationship should be formed in each family member. and practice strengthens and gives content to these relations.

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