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Teenagers face many problems every day, for example, depression, social anxiety, peer pressure etc, but the problem that hits closest to home are family problems. If you are someone who is dealing with family problems, then this article is perfect for you!

Family problems consist of many types, such as substance abuse, mental health concerns, financial issues and so on, but today we are going to tackle three types of family problems in particular: lack of communication, domestic violence and divorce.

Lack of communication between a parent and a child could cause serious damage. The child may be too afraid to seek help from their parents. Lack of communication can cause children to avoid the very parental wisdom they should be seeking. Furthermore, a lack of communication between family members could also cause an excessive amount of family conflicts, resulting in misunderstandings and so on. Without a stable communication between family members, they may face problems such as lack of emotional bonding and intimacy, failing to resolve problems and many more.

Additionally, domestic violence is unfortunately one of the largest family problems at the moment. In fact, according to an article, ever since the lock down began, abuse reports have skyrocketed. Domestic violence consists of many types, like physical, verbal, emotional,

economic and so on. Domestic violence occurs when the abuser believes that abuse is an entitlement, acceptable, justified or unlikely

to be repeated. It may produce a cycle of abuse in children or other family members, who may feel that such violence is condoned. Children who witness domestic violence or are victims of abuse themselves are at serious risk for long-term physical and mental health problems, for example, depression, anxiety and poor self-esteem etc. Children who witness violence between parents may also be at greater risk of being violent in future relationships.

In addition, divorce is another big problem that some families face. Divorce is a formal ending of a marriage. It is a permanent separation that involves a legal process. Divorce could be a scary experience for most children, having to choose between living with your mom or dad. It is a lifelong choice. In fact, children from divorced families may experience more externalizing problems, such as conduct disorders, delinquency and impulsive behavior than kids from two-parent families. Also, children may experience more conflicts with peers after going through their parents' divorce as well.

If you think that you have or are dealing with any of these problems, you may feel like there's no way out. Like you are just stuck in this dark tunnel with no light. However, there is a light at the end of the tunnel, here is some advice to your problems.

For starters, you could initiate the conversations with your parents, even just a small conversation could help break the ice between you and your parents. However, if you are not ready for that, you could

talk to your peers first to boost your confidence and then muster up the courage to talk with your parents. Also, refrain from screaming or shouting at each other as that may create even more family conflicts.

Furthermore, if you have experienced or witnessed domestic violence, then I strongly advise you to go see a therapist or join a therapy group. You may be ashamed or haunted by the trauma, but going to a therapist or joining a therapy group could help you to understand what you are experiencing is normal and that you are not alone. Getting support from your loved ones is also a huge factor in your recovery. Also, keep close contact with those who will support you unconditionally. It will be much easier when you have people encouraging and supporting you along the way when dealing with your problems.

Last but not least, coping with divorce is probably one of the hardest things to do. But fortunately, there are many ways to cope. As a child, you are most likely under tremendous stress, but it is completely normal. Do not blame yourself for the divorce between your parents but continue to support your parents. Additionally, visiting the parent

you are not living with frequently will be very helpful for your own mentality and the parent's as well.

If you are dealing with these issues, I truly and sincerely hope that this article will help you to find ways to cope. Remember, you are not alone and a lot of people love and care about you.