

# Four Family Loves:

A Curriculum for Building  
Good Character and Loving Families

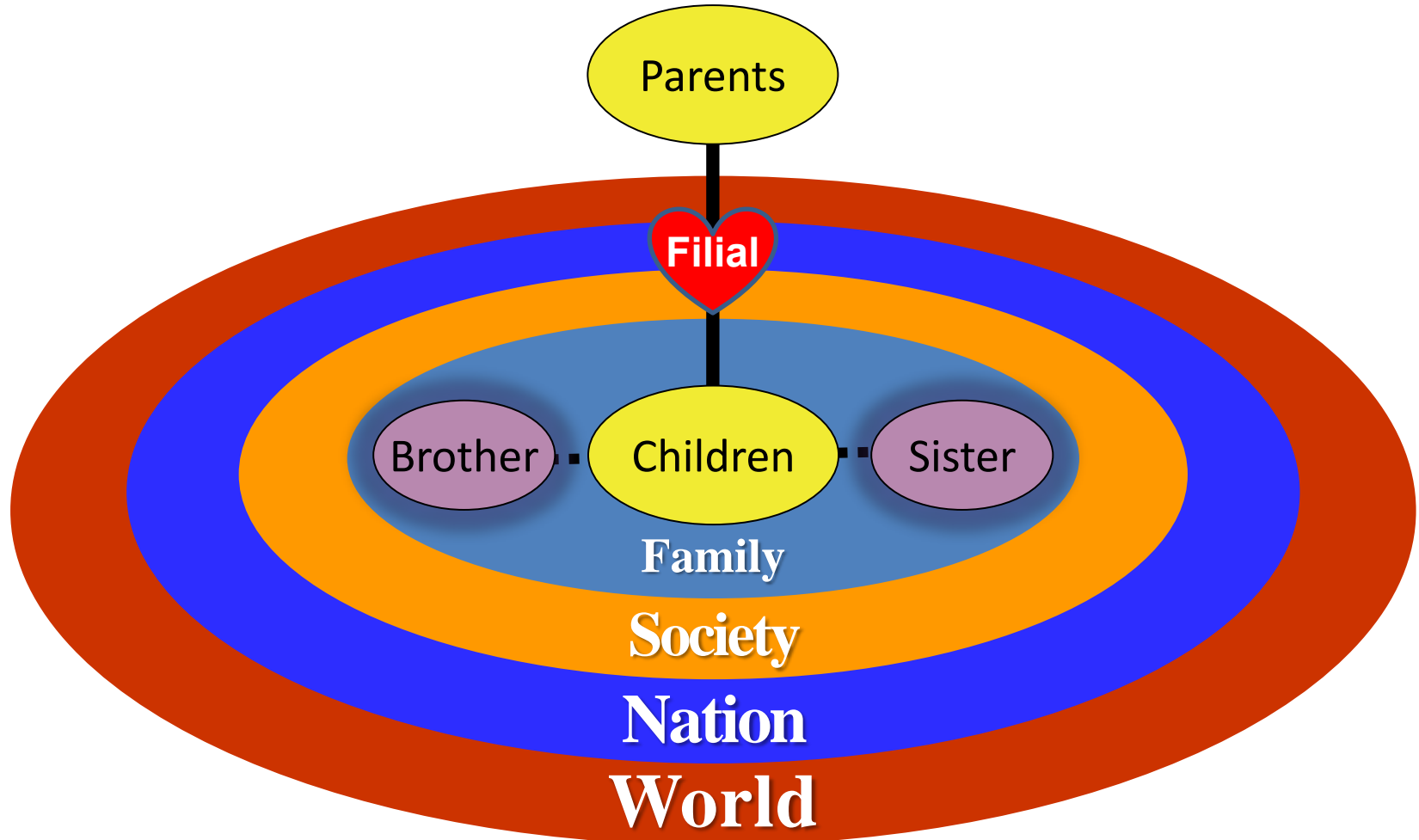
## Siblings' Love



# Chapter 5:

## Solving Sibling Rivalry

# Expansion of Sibling's Love Horizontally



# Siblings' Love Lasts Forever

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Friends may come  
and go,  
but brothers and  
sisters last  
forever.

# Sibling Rivalry

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# Sibling Rivalry

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## How to Make Someone Angry?

1. Ignore good point or strengths.
2. Highlight weakness or faults.

# Self-Pity and Anger

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# National Rivalries



Top 10 Countries with most Bitter National Rivalries, List

Surge at

<https://listgurus.com/top-10-countries-bitter-national-rivalries/>



# How to Solve Anger

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## **What we can do to Help Others:**

1. Acknowledge their good points or strengths.
2. Help them in areas of weakness or need.

# How to Solve Anger

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## **What we can do to Help Others:**

1. Acknowledge their good points or strengths.
2. Help them in areas of weakness or need.

## **What we can do Ourselves:**

1. Count our blessings.
2. See the goodness in Others.
3. Help Others less fortunate.

Til Bahadur Karki, 40, founder of the  
Joint Disabled Unity Awaz Center  
in Kathmandu, Nepal









# The Power of Forgiveness

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“If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner.”

Nelson Mandela

# Resolve or Repeat Past Conflicts

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Unresolved problems will be passed on to future generations, and in most cases be bigger and more difficult to solve.

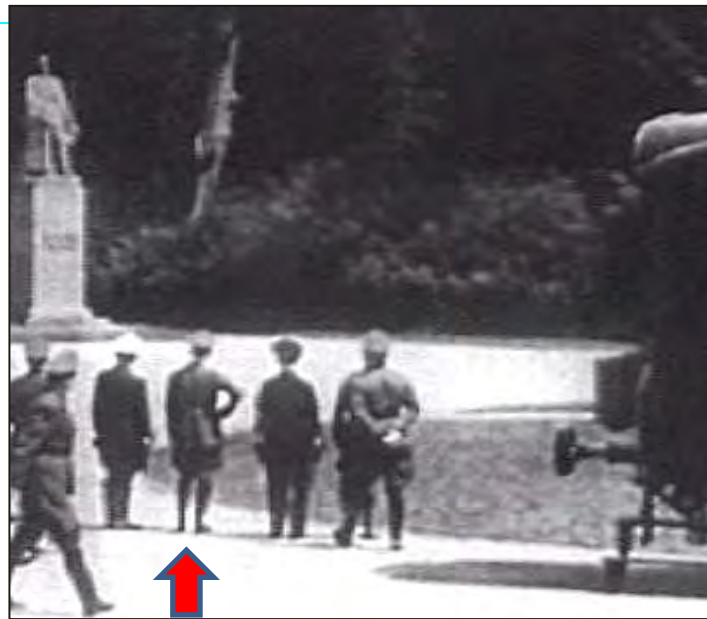




# After World War I



Marshal Foch at German surrender,  
near Paris - November 11, 1918.

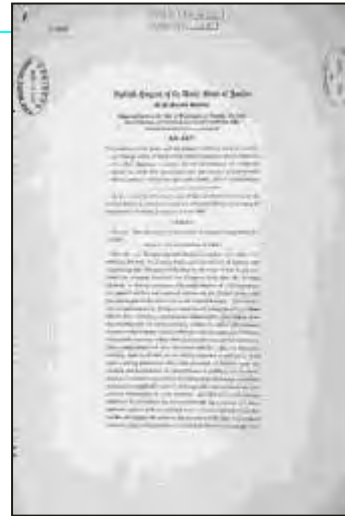


Adolph Hitler selecting the same site for  
the French surrender - June 22, 1940"

# The End of World War II



**General Douglas MacArthur  
and Emperor Hirohito**



**George C. Marshall and the Marshall Plan**

**European Recovery Program** where the United States gave over \$13 billion (valued at \$130 billion as of June 2016) in economic support to help rebuild Western European.

# Resolving Conflict

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- Sept 1. Ask: “What could I have done better?” (Self-reflection)
- Step 2. Determine to take responsibility for the emotional anger too.
- Step 3. Resolve to forgive, love and unite.

# Fighting is Not a Solution

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## **Fighting does not resolve conflict:**

- Defeating an enemy does not solve grievances or end hatred.
- The defeated are tempted to seek revenge.

Thank you!



# Activity #1:

1. What examples you can think of where enemies were reconciled?
2. It takes courage and strength to talk to someone you don't like. What challenges do you face internally?

## **Appendix:**

All religions teach us to love our enemies.

These quotes may be used as needed.



# Love your Enemy

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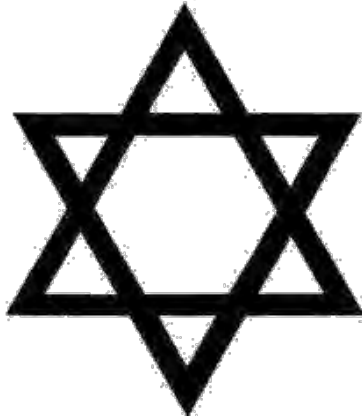


A noble soul will ever exercise compassion even towards those who enjoy injuring others...

Ramayana, Yuddha Kanda 115

# Love your Enemy

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God said, "Resemble Me; just as I repay good for evil so do you also repay good for evil."

Exodus Rabbah 26.2

# Love your Enemy

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Hatreds never cease through hatred in this world; through love alone they cease. This is an eternal law.

Dhammapada 3-5

# Love your Enemy

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Conquer anger by love.

Conquer evil by good.

Conquer the stingy by giving.

Conquer the liar by truth.

Dhammapada 223

# Love your Enemy

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I treat those who are good  
with goodness,  
And I also treat those who  
are not good with goodness.  
Thus goodness is attained.

Tao Te Ching 49

# Love your Enemy

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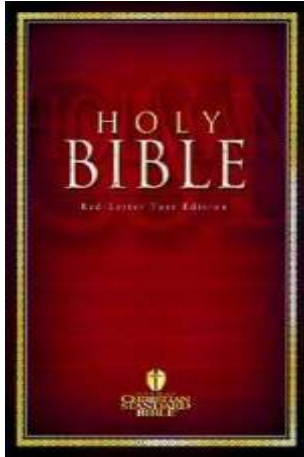


Confucius said, "He whose heart is in the smallest degree set upon Goodness will dislike no one."

Analects 4.3-4

# Love your Enemy

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Love your enemies and  
pray for those who  
persecute you.

Matthew 5.43-48

# Love your Enemy

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It may be that God will ordain love between you and those whom you hold as enemies.

Qur'an 60.7