

Our relationships form the fabric of our lives. Our thoughts about other people, while not directly revealed, have a profound impact on how we interact with them.

If there is someone in your life whom you love but whom you have a troubled relationship with, this simple "ABC" mental exercise can help, especially if it is done every day.

To do this exercise, you need to first relax, close your eyes and form an image in your mind of the person you are thinking of; then:

- A. Accept the person completely- their positive traits and their negative traits together; specify their positive and their negative attributes and consciously accept all of them;
- B. Believe in the person- in their inner goodness, in their ability to grow, to learn, and to ultimately become a better person;
- C. Choose the person to be your spouse/parent/child or whatever role it is that they have in your life; remember that Hashem, in this infinite wisdom, chose them to fill that particular role for you.