

When Blood Is Not Thicker Than Water

Have you ever heard the saying "blood is thicker than water"? It's a phrase that suggests family bonds are stronger than any other relationship. However, in some cases, blood ties may not always hold the same weight as we expect.

In this thought-provoking article, we will delve into the complex dynamics of familial relationships, exploring situations where blood may not always be thicker than water, and how this reality can impact our lives.

The Myth of Unconditional Family Love

From an early age, we are taught to believe that family is everything. We are conditioned to think that our parents, siblings, and extended relatives will always have our backs, no matter what.



When Blood Is Not Thicker Than Water: A Memoir on Leaving a Toxic Sibling Relationship

by Peter Goldie (Kindle Edition)

★★★★★ 5 out of 5

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However, the truth is that love within families can sometimes be conditional. Just because we share genetics does not mean we are immune to pain or betrayal from those closest to us.

A toxic family environment, conflicts, or even abuse can fracture the bonds that supposedly hold us together. When faced with such challenges, we may find that our chosen families, friends, or even strangers support us more than our blood relatives.

The Power of Chosen Families

When we can no longer rely on our biological families for love and support, we often create new connections and form bonds with individuals who become our chosen families.

These chosen families are not bound by blood, but rather by shared experiences, genuine care, and unconditional love. They provide a safe space for us to be ourselves without fear of judgment or rejection.

As we grow older, we may realize that our chosen families are the ones who truly understand and support us. They are the ones who stay by our side through thick and thin, demonstrating that blood is not always the determining factor in building strong, lasting relationships.

The Fallacies of Family Expectations

Often, society places unrealistic expectations on family members. We are expected to love and forgive unconditionally, even when the actions of our loved ones hurt us deeply.

But this expectation can be detrimental to our mental and emotional wellbeing. It can prevent us from setting healthy boundaries and addressing conflicts within

our families.

Breaking free from the expectations imposed upon us by societal norms can be liberating. We have the power to choose our own paths and surround ourselves with people who bring out the best in us, regardless of their biological relation to us.

Celebrating True Connections

While blood may bind us genetically, it does not define the depth of our relationships. True connections are built on trust, empathy, and mutual respect.

It is important to celebrate and cherish the individuals who bring positivity into our lives, whether they are related by blood or not. These are the people who support us during our celebrations and lift us up during our darkest moments.

Remember, family extends beyond mere genetics. We have the ability to cultivate deep and meaningful relationships with those who truly add value to our lives.

When blood is not thicker than water, it is essential to recognize that our worth and happiness do not solely depend on our biological relatives. We have the power to surround ourselves with individuals who truly love and care for us, regardless of familial ties. These chosen relationships can often be stronger, more fulfilling, and bring us a sense of belonging that we may not find within our biological families.

So, let us embrace the freedom to build connections based on love and respect, transcending the traditional expectations tied to blood ties. It is through these genuine relationships that we can find true happiness and support, creating a fulfilling life beyond the confines of blood relations.



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Don't let your toxic relationship with your sibling destroy your mind, body, and soul!

When sibling relationships turn toxic, there are signs to recognize when it's time to separate and set boundaries. This serious step may seem scary, almost like a betrayal, especially in families whose culture demands loyalty. But shared blood should never mean you should tolerate abuse. Blood is not always thicker than water.

When you are trapped in a toxic and stifling environment you alter your identity for survival. You bury the true parts of yourself, the personality traits, that allow you to shine and you tamp down your flame. No one should ever pretend to be someone that they are not. It is soul-crushing.

This is my story. It is not unlike any of your stories of toxic relationships. In this book, I share my lived experience, how I managed to endure, and how I got out of a toxic relationship with my sibling.



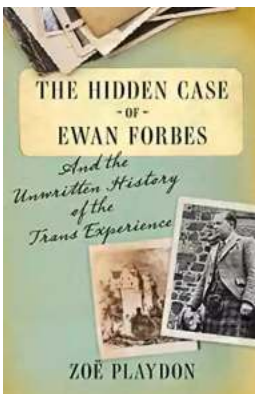
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