



# can sibling rivalry cause depression?

Siblings are our first friends, role models, confidants, and sometimes our rivals (in a fun way). But if they actually turn our rivals, it could literally destroy us.

Sibling relationship teaches us all the skills we need to function well in life, society and friends.

In today's world only siblings are the ones that are going to stay with us, but if we don't have good relationships with them, there would be no one left who would be there for us when we need someone.

Our ancestors did not lie when they said blood relations is above all, as time by time siblings have proved that nothing is above blood relations.

We all heard of 'Ravana' and his brother 'Vibhishana'. When he had his brothers by his side one could defeat him but the moment his only one brother turned against him his whole world goes up in the flames.

At the end we all need people by our side or we could all go mad, and siblings are a very important part of one's life and sibling rivalries would only hurt us in the most daunting ways.



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