“If the parent is going to provide a model for human relationships, he must have a sense of his own personal strength and worth. He or she must not view every mistake as a failure. In contrast, he must be able to see his own progress and not be pessimistic if changes don’t occur immediately. The courageous parent will not believe that the child’s misbehavior and faulty behavior are a personal attack or an insult to his strength or prestige. He will come to recognize that even though he has a most sincere commitment to a new approach and expends great effort, he will not be able to overcome all of the difficulties with the child. The target is not perfection, then, but developing the ability to cope effectively with the challenges of parent-child relationships.”

Dinkmeyer

"Acceptance is the beginning of true love and the ending of ego. It is true intimacy."

Stephanie Dowrick

Agenda

1. Review Encouragement basics, praise versus encouragement, dependency & hostility, rewards and punishments, techniques, etc
2. Basics of Emotions (Dinkmeyer), remember 3 keys;
   a. Generated from thoughts, emotional contagion (Goleman)
   b. Look at how the emotions are **USED**
   c. Emotions will usually support the Core Belief
3. Discussion of chapter 5, “Marriage, Divorce and Your Child’s Emotional Health” (Gottman)

“With so much evidence pointing to the harmful effects of divorce on children, unhappily married parents may wonder whether it’s best to stay in a truly miserable and undeniably hopeless marriage for their children’s welfare. Our research and that of others answers this question with a definite and resounding no. That’s because certain kinds of marital conflict can have the same deleterious effects on children as divorce. **In other words, it’s not necessarily the divorce that hurts the kids, but the intense hostility and bad communication that can develop between unhappily married mothers and fathers and may continue after the divorce.** Hostility between spouses is linked to kids becoming aggressive with peers.”

Gottman
5. **Practice EC in your marriage** (read 146 –162)
   a) Avoid the “Four Horsemen of the Apocalypse” (for more in depth explanation of the 4 horseman read “The Seven Principles for Making Marriage Work” by Gottman)

   #1.Criticism, difference between **criticism and complaint** (pg 148-151)
   #2 Contempt = criticism + attempt to insult or hurt (mockery, ridicule, etc) (Pg 151 –152)
   #3 Defensiveness = denying responsibility, repeating, shutting down (Pg 152-153) (3 defensive maneuvers; counterattack, surrender, escape)
   #4 Stonewalling = shutting down, situation is too intense (pg 153-155)

b). **Manage Your Marital Conflict**
   1. Don’t use your children as weapons in marital conflict
   2. Don’t allow children to get in the middle
   3. Let your kids know when conflicts are resolved
   4) Establish networks of emotional support for your children
   5) Use emotion coaching to talk about marital conflict
   6) Stay engaged in the details of your children’s lives

c) If the marital conflict has elements of criticism, contempt and defensiveness then children will be = antisocial, aggressive, lack of regulation, health problems, chronic stress, interactional problems

**Possible ramifications of divorce:**
1) Nicholas Zill study (pg 143) = 65% of children of divorce have problems with father compared to 9% of those who don’t divorce
2) Howard Friedman study (PG 145) = divorce before child was 24- die 4 years early
3) E. Mavis Hetherington study (PG 141) = mothers become frequently temporarily erratic, uncommunicating, nonsupportive, inconsistently punitive. (2 years of serious disruption)
4) Divorce or Stay? (Pg 145)

**Assignments:**
1. Read chapter six/Gottman “The Father’s Crucial Role” and also chapter seven/Dinkmeyer. Understand how a family meeting works and why it is so important. Plan and hold a family meeting using the general outline from chapter seven/Dinkmeyer (page 123) and read chapter 7 in Glenn/Nelson, “Fostering Strong Intrapersonal Skills.” Write a paper on the difference between skills and perceptions using the Glenn/Nelson framework. Write a paper on the “five themes of television” that Glenn/Nelson are concerned about if children are “overly exposed” to them. (Hint; reread chapters two and six in Glenn/Nelson)