

Antelope Springs  
Blended Families Parenting Class  
Session 5  
Stages, Sexuality, Meetings & Birth Order issues

*"The world is full of people that have stopped listening to themselves or have listened only to their neighbors to learn what they ought to do, how they ought to behave, and what the values are that they should be living for."*

Joseph Campbell

**Agenda**

1. Blended Family Stages & Associated Tasks
  - a. Fantasy
  - b. Confusion
  - c. Crazy Time
  - d. Stability
  - e. Commitment
2. Sexuality in Blended Families: some general guidelines
3. Discipline Basics and Recommendations
4. Finish Stepchildren's Dilemma's;
  - a. 3 basic emotions (anger, guilt and fear)
  - b. Guidelines for healing
  - c. Coping with a new Stepparent
2. Blended Family Meetings
1. Agenda suggestions (3 parts, 20 minutes each)
  - a. "Moan and Groan"
  - b. "Scheduling & Goals"
  - c. "Validation" (Make this concrete, specific and detailed)
  - d. Special Conflict resolution meetings:
    - i. Identify the issue
    - ii. Brainstorm possible solutions
    - iii. Evaluate the solutions and choices
    - iv. Try out the solution
    - v. Evaluate in the next meeting
5. Birth Order Discussion and small group exercise

### **Birth Order Exercise**

Please answer the following questions **in writing** and **specify one person** to represent your group in reporting/discussing your answers with the class. Think of both yourself and your children as you discuss these questions.

1. The personality qualities that make our birth order position effective at parenting . . .
2. Our birth order tends to have difficulties in the following areas. . .
3. We tend to be unique in that we are. . .
4. Growing up was hard for us because. . .
5. One thing that really bugs us is when. . .
6. Some things that the other birth orders could really learn from us are. . .
7. Our greatest qualities are. . .
8. When we get scared we tend to? (what might we see in a blended family setting?)
9. Our biggest fears in a blended family are. . .
10. The best way to get close to us is to . . .
11. We might experience problems in a blended family because. . .
12. Some things that would help us adjust in a blended family might be. . .
13. We like to get meaning and importance through. . .
14. One of the major ways that we feel like we belong is. . .
15. We can be a real asset in a blended family because. . .
16. We feel most loved when. . .

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