

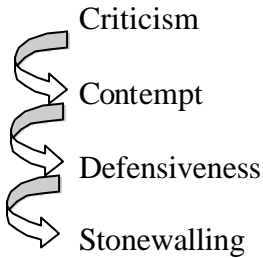
### TRICKY ISSUES IN THE SELECTION PROCESS

7<sup>th</sup>-8<sup>th</sup> January Redcliffe College

#### Session 1 The emotional effects of divorce and how people move on

Rev Barbara Luck

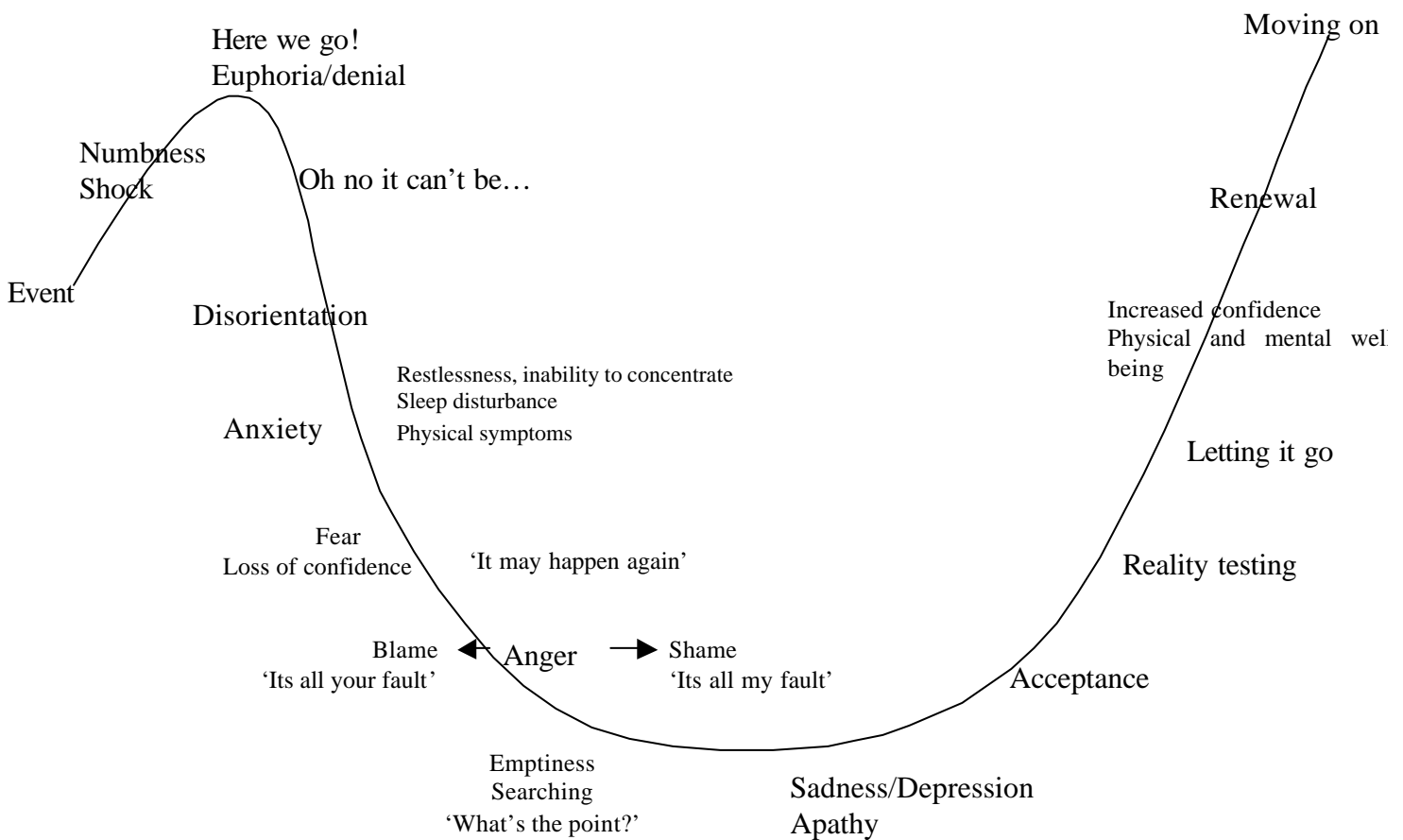
Stages of decline in a relationship before break-up showing a downward spiral:

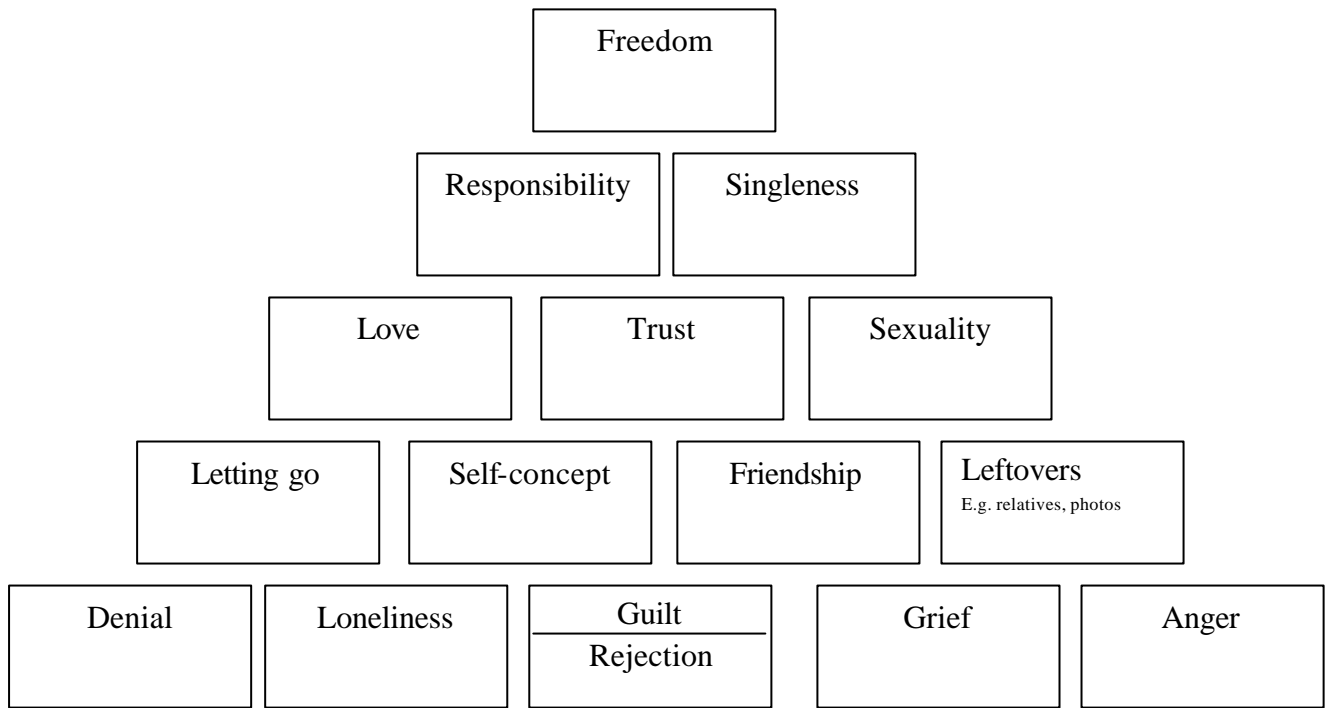


Often gone through all these stages before the actual break-up. Will look at:

1. Emotional stages
2. Pastoral implications

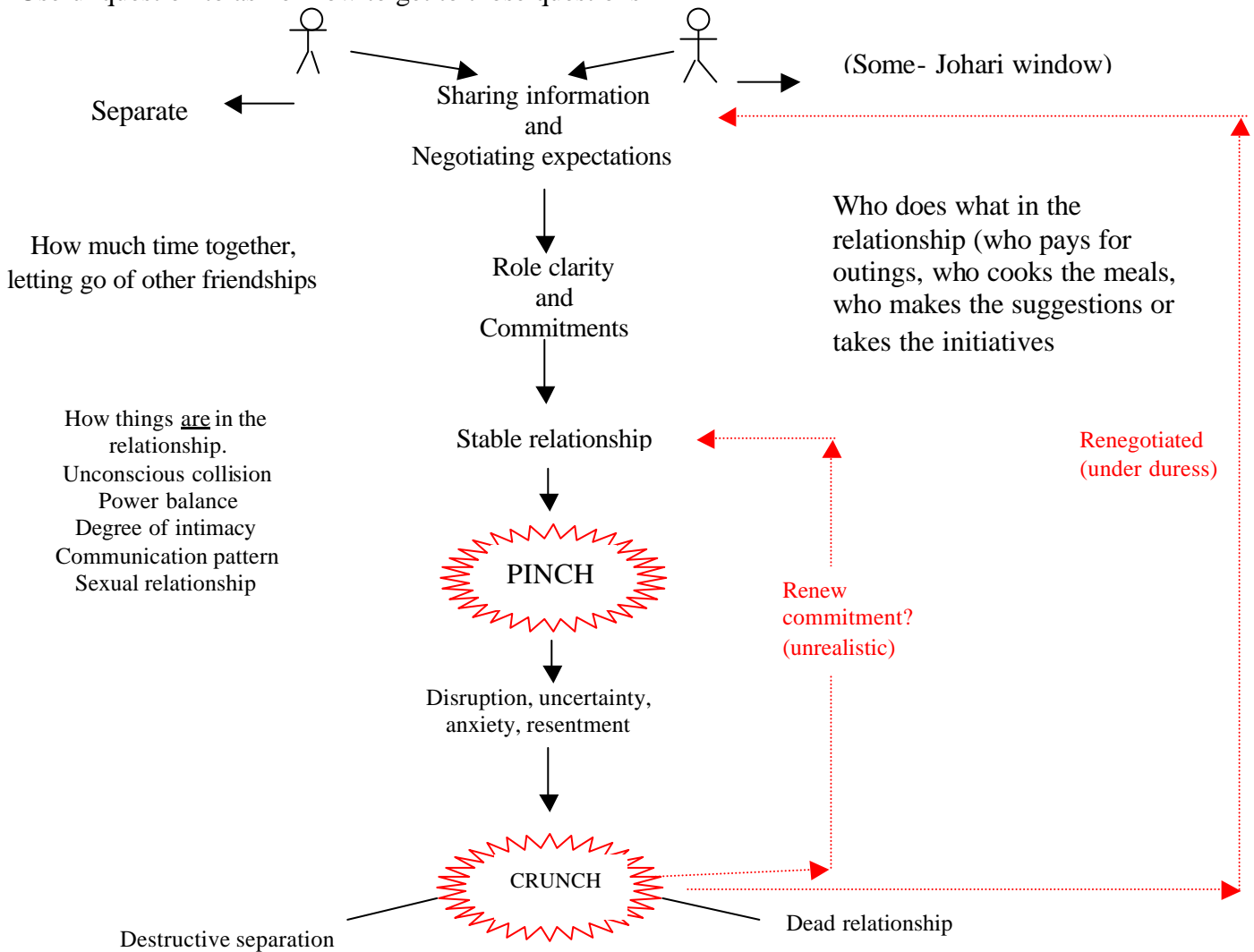
#### Wei Chei Chart (Opportunity chart)





**Pinch Crunch model**

Useful question to ask or how to get to those questions



'In love' –2 years?

Liking, respect, humour, generosity, effort

Need 4 out of 5 of these to make a good relationship:

- Sexual intimacy – sex
- Physical intimacy- affectionate contact
- Social intimacy – doing things together, couple interaction
- Functional intimacy – working together as a team
- Emotional intimacy – Intellectual. Thoughts. Talking. Exchange of ideas.

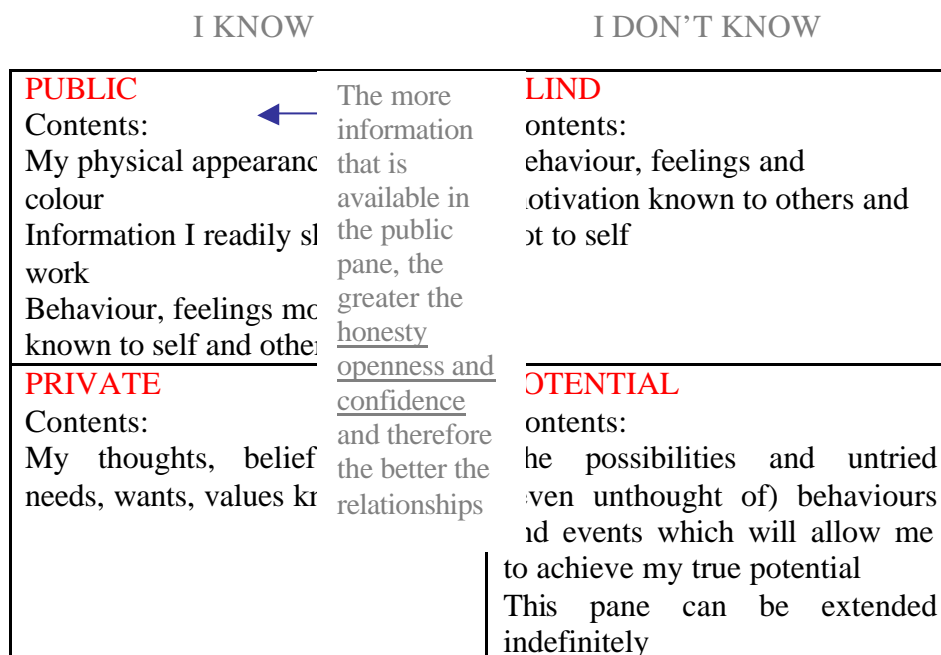
### Transitional Stages In Divorce

<u>Individuals</u>	<u>Couples/ Families</u>	<u>Objectives</u>
1) <u>Disillusionment</u> disappointment, small secret dissatisfaction, fear to admit the negative ↓ if not resolved	<u>Recognising marital breakdown</u>	Mutual acceptance of own and others past. Mutual acceptance of failure Consideration of children's needs
2) <u>Erosion</u> deeper estrangement belittling	<u>Decision to separate/divorce</u> Intensity of feelings. Divorce? Search for meaning/ justification <u>Parenting capacities diminished</u>	Working co-operatively on problems
3) <u>Detachment</u> May attach elsewhere (person or work or hobby)	<u>Preparing/ Planning Outcome</u> Finality – violence! (emotional & physical) Need to tell children/family importance of grandparents	Restructuring of marital / parent-child relationships
4) <u>Physical separation</u> <ul style="list-style-type: none"> <li>• Sudden abrupt crisis</li> <li>• Planned exit</li> <li>• Refusal to leave</li> <li>• Comings and goings</li> </ul>	<u>Physical separation</u> <ul style="list-style-type: none"> <li>• Critical time –parent/child</li> <li>• Reinforce attachment to non-resident parent</li> <li>• Lay foundation for different parent/child contact</li> </ul>	Co-operative decisions regarding legal/financial and co-parenting
5) <u>Mourning</u> years (NB Can take years until ready to function well so needs addressing well)	<u>Legal Process</u> <ul style="list-style-type: none"> <li>• Depersonalisation</li> <li>• Denial, self-justification</li> <li>• Blame (legal system)</li> </ul>	Anchoring parent / child relationship during adult turbulence Bi-nuclear family (open –not 2 semi closed)
6) <u>Second adolescence</u> Relationships or activities to restore self-esteem	<u>Readjustments</u> Resentments, jealousies, considerable contact with children	
7) <u>Integration</u> Stabilising identity. Increased control, coping	<u>Post-divorce family</u> Maintaining contacting with ex-spouse & children. Acceptance of new partner?. Social network	

Book recommendation: 'Children don't divorce' Rosemary Sims(?) Happy Cat books ISBN 1-903285/30/5

**Johari window**

↑  
Self-awareness



The four quadrants of the window represent the total window in relation to other persons and can be significantly different depending on the people involved.

**SESSION 3 ‘DYSFUNCTIONAL, DIFFICULT OR JUST DIFFERENT’**

Speaker : Robin Hay

Characteristic	Veterans	Boomers	Xers
<b>Outlook</b>	Practical	Optimistic	Sceptical
<b>Work ethic</b>	Dedicated	Driven	Balanced
<b>View of authority</b>	Respectful	Love/Hate	Unimpressed
<b>Leadership by</b>	Hierarchy	Consensus	Competence
<b>Relationships</b>	Personal sacrifice	Personal gratification	Reluctance to commit
<b>Perspectives</b>	Civic	Team	Self

Characteristic	Veterans	Boomers	Xers
<b>Defining idea</b>	Duty	Individuality	Diversity
<b>Success because</b>	Fought hard and won	Born and should have it	Have 2 jobs
<b>Style</b>	Team player	Self-absorbed	Entrepreneur
<b>Leisure is...</b>	Reward for hard work	The point of life	Relief
<b>Education is...</b>	A dream	A birthright	A way to get ahead
<b>Future is...</b>	Rainy day to work for	Now is more important	Uncertain but manageable
<b>Managing money</b>	Save	Spend	Hedge
<b>The family is...</b>	Mum, Dad, Grandma/Pa	Mum & Dad	Mum or Dad
<b>Sex is...</b>	On your honeymoon	In your car	Over the internet
<b>The phone is...</b>	Rotary	Touch tone	Cellular
<b>Programme means...</b>	Social programme	Cult deprogrammers	Software

**Poem from Session1:**

**IN THE BEGINNING**

*We thought* one got married and lived happily ever after  
*We didn't know* that relationships require hard work

*We thought* we couldn't ask for what we needed  
*We didn't know* that no one is a mind reader

*We thought* all our needs should have been filled with marriage  
*We didn't know* that our most important need was – a sense of self

*We thought* our becoming one made us whole  
*We didn't know* two whole people were necessary from the start

*We thought* he had to be strong and take care of her  
*We didn't know* we were supposed to take care of each other

*We thought* it was disloyal to grow as an individual  
*We didn't know* how stifling too much togetherness could be

*We thought* when the other grew it was a threat  
*We didn't know* we were each good enough and shouldn't feel threatened

*We thought* those who asked for help were weak  
*We didn't know* everyone needed help

*We thought* money would make us secure  
*We didn't know* security was knowing you can make it – with or without money

*We thought* the other wasn't giving  
*We didn't know* we weren't receiving

*He thought* I was happy  
*I didn't know* how frightened he was

*We didn't know...*  
*We just didn't know...*  
*There was so much we didn't know...*