

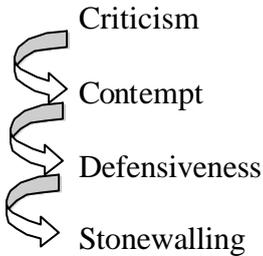
TRICKY ISSUES IN THE SELECTION PROCESS

7th-8th January Redcliffe College

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

Rev Barbara Luck

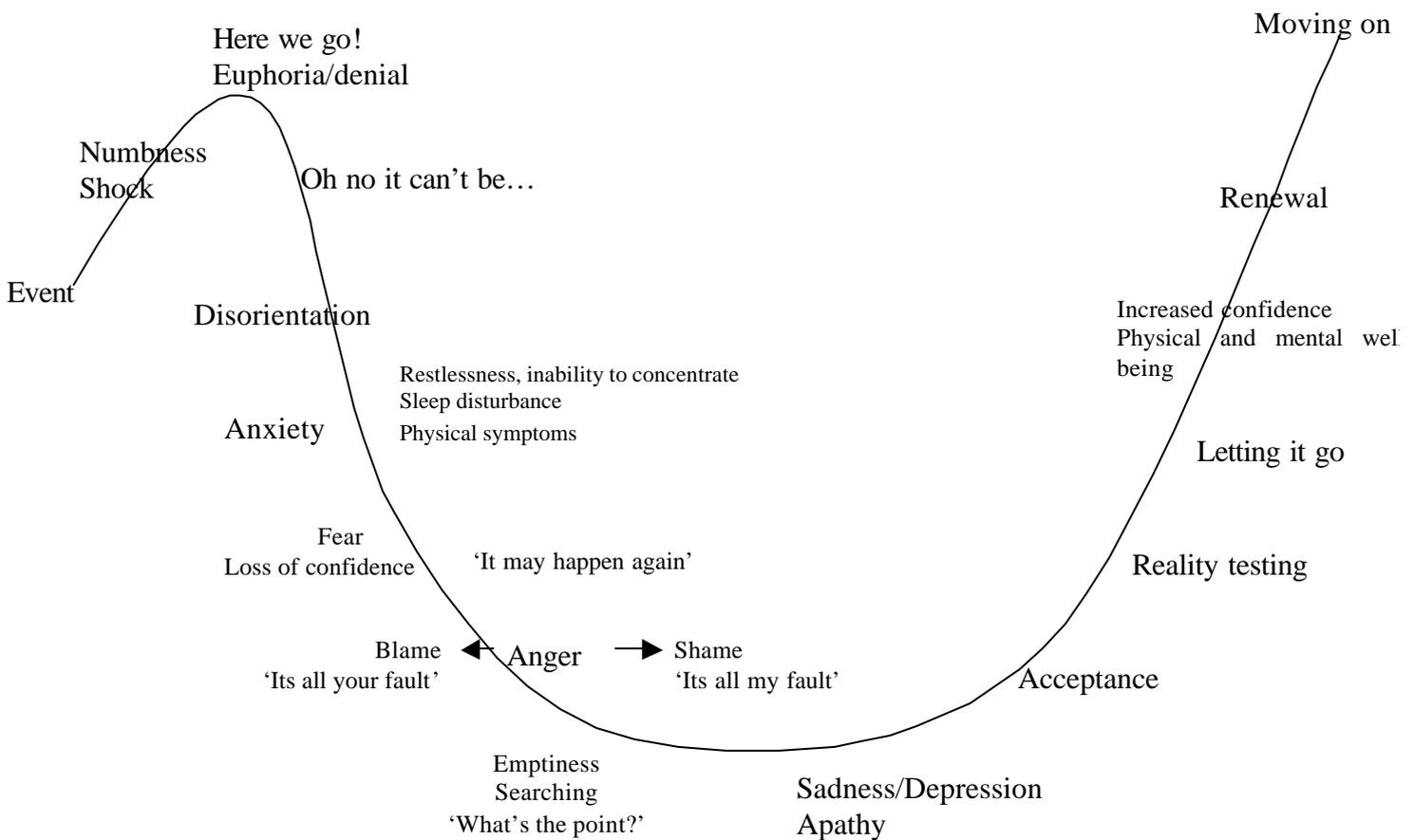
Stages of decline in a relationship before break-up showing a downward spiral:

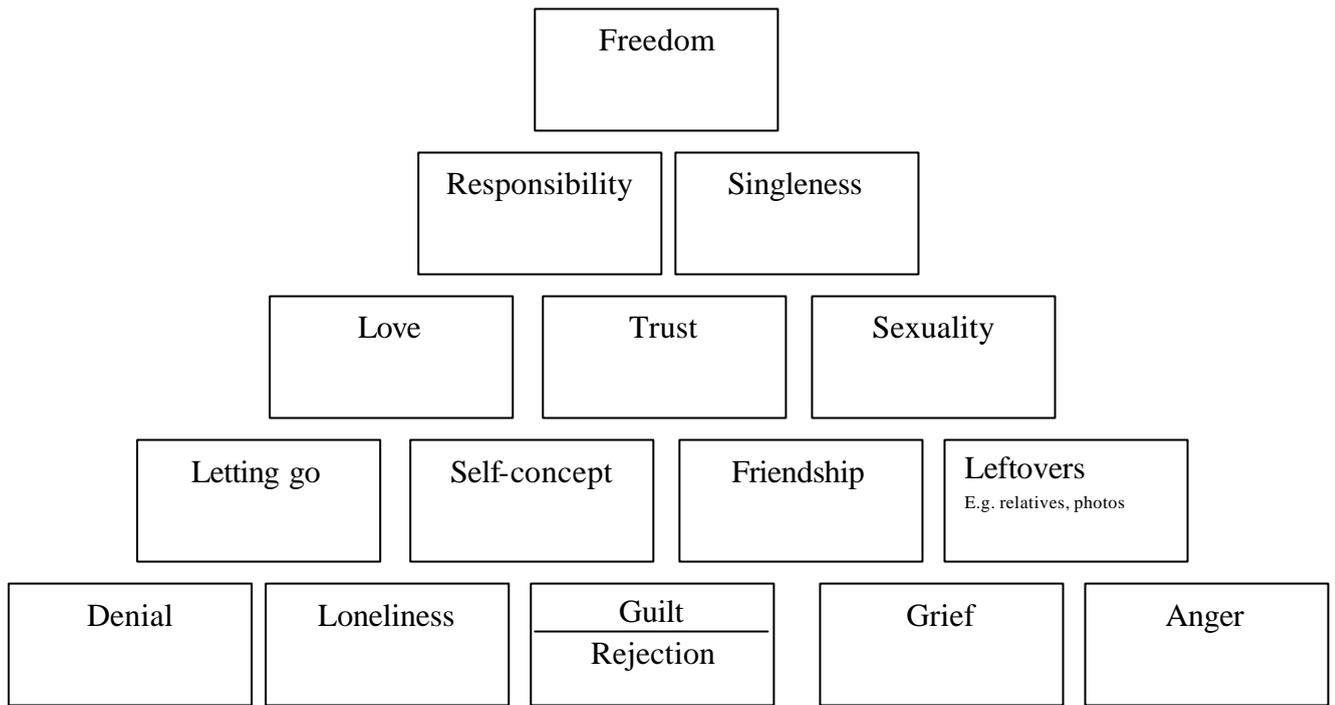


Often gone through all these stages before the actual break-up. Will look at:

1. Emotional stages
2. Pastoral implications

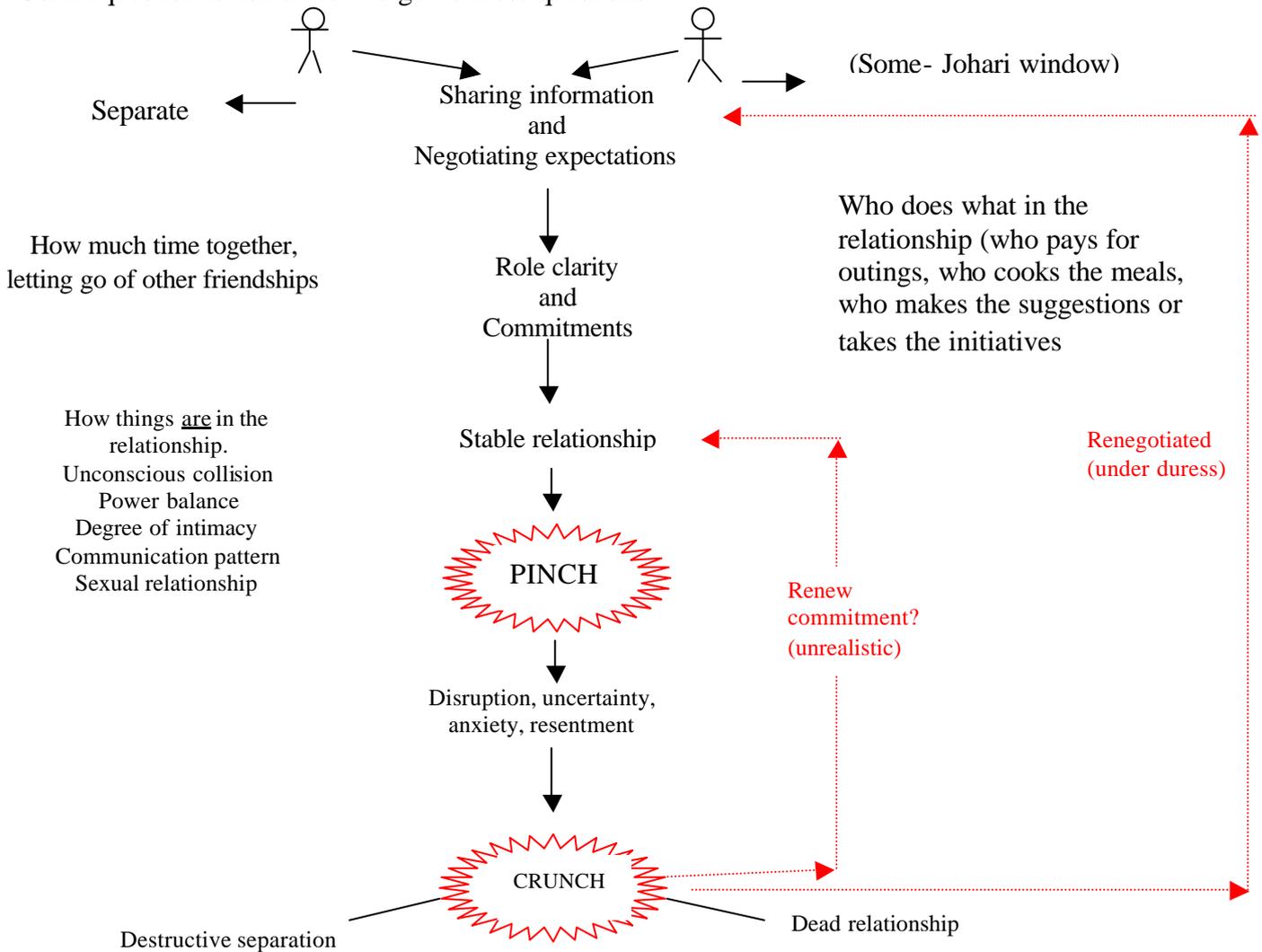
Wei Chei Chart (Opportunity chart)





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.

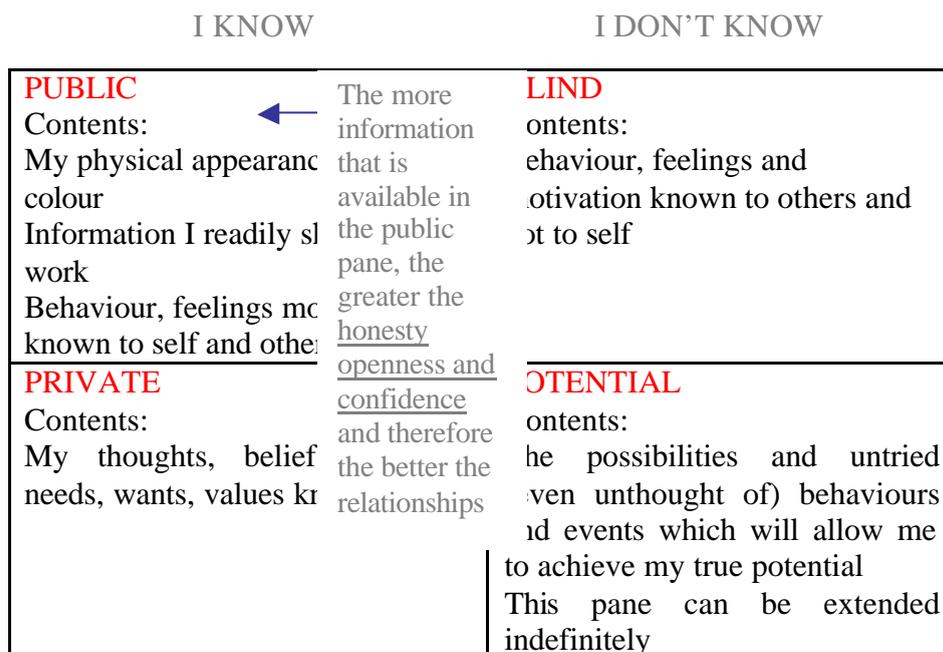
Transitional Stages In Divorce

<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"> • Sudden abrupt crisis • Planned exit • Refusal to leave • Comings and goings 	<u>Physical separation</u> <ul style="list-style-type: none"> • Critical time –parent/child • Reinforce attachment to non-resident parent • Lay foundation for different parent/child contact 	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"> • Depersonalisation • Denial, self-justification • Blame (legal system) 	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
Outlook	Practical	Optimistic	Sceptical
Work ethic	Dedicated	Driven	Balanced
View of authority	Respectful	Love/Hate	Unimpressed
Leadership by	Hierarchy	Consensus	Competence
Relationships	Personal sacrifice	Personal gratification	Reluctance to commit
Perspectives	Civic	Team	Self

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