

FAMILY CONFLICTS THAT CAN BECOME MARITAL CONFLICTS

1. Make a list of family conflicts which are frustrating to you or to your children.

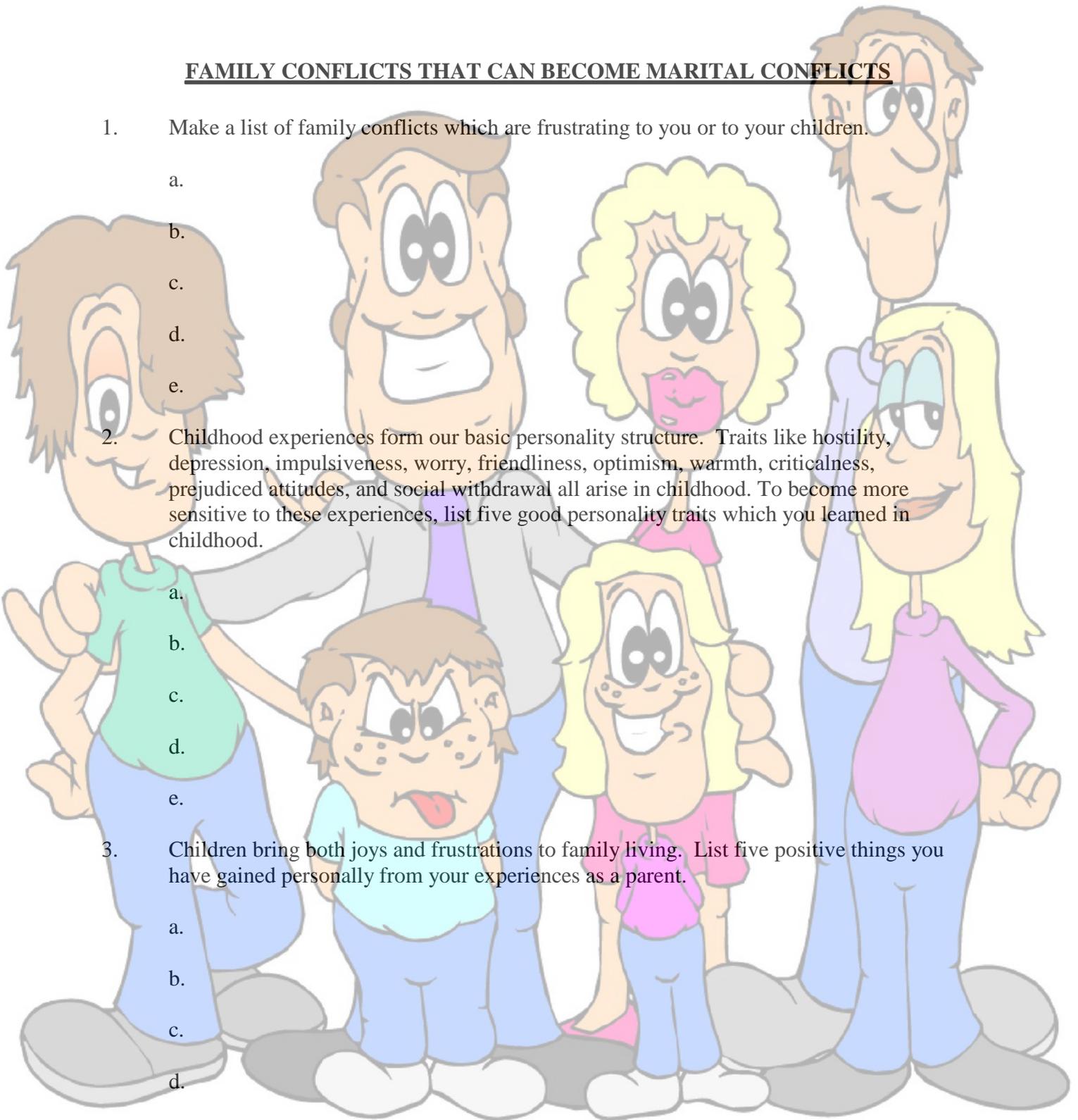
- a.
- b.
- c.
- d.
- e.

2. Childhood experiences form our basic personality structure. Traits like hostility, depression, impulsiveness, worry, friendliness, optimism, warmth, criticalness, prejudiced attitudes, and social withdrawal all arise in childhood. To become more sensitive to these experiences, list five good personality traits which you learned in childhood.

- a.
- b.
- c.
- d.
- e.

3. Children bring both joys and frustrations to family living. List five positive things you have gained personally from your experiences as a parent.

- a.
- b.
- c.
- d.
- e.



4. List times when frustrations with your children have carried over into your relationship with your mate.

- a.
- b.
- c.
- d.
- e.

5. How effectively do you both support each other in relating to the children? List possible ways in which you could cooperate more effectively.

- a.
- b.
- c.
- d.
- e.

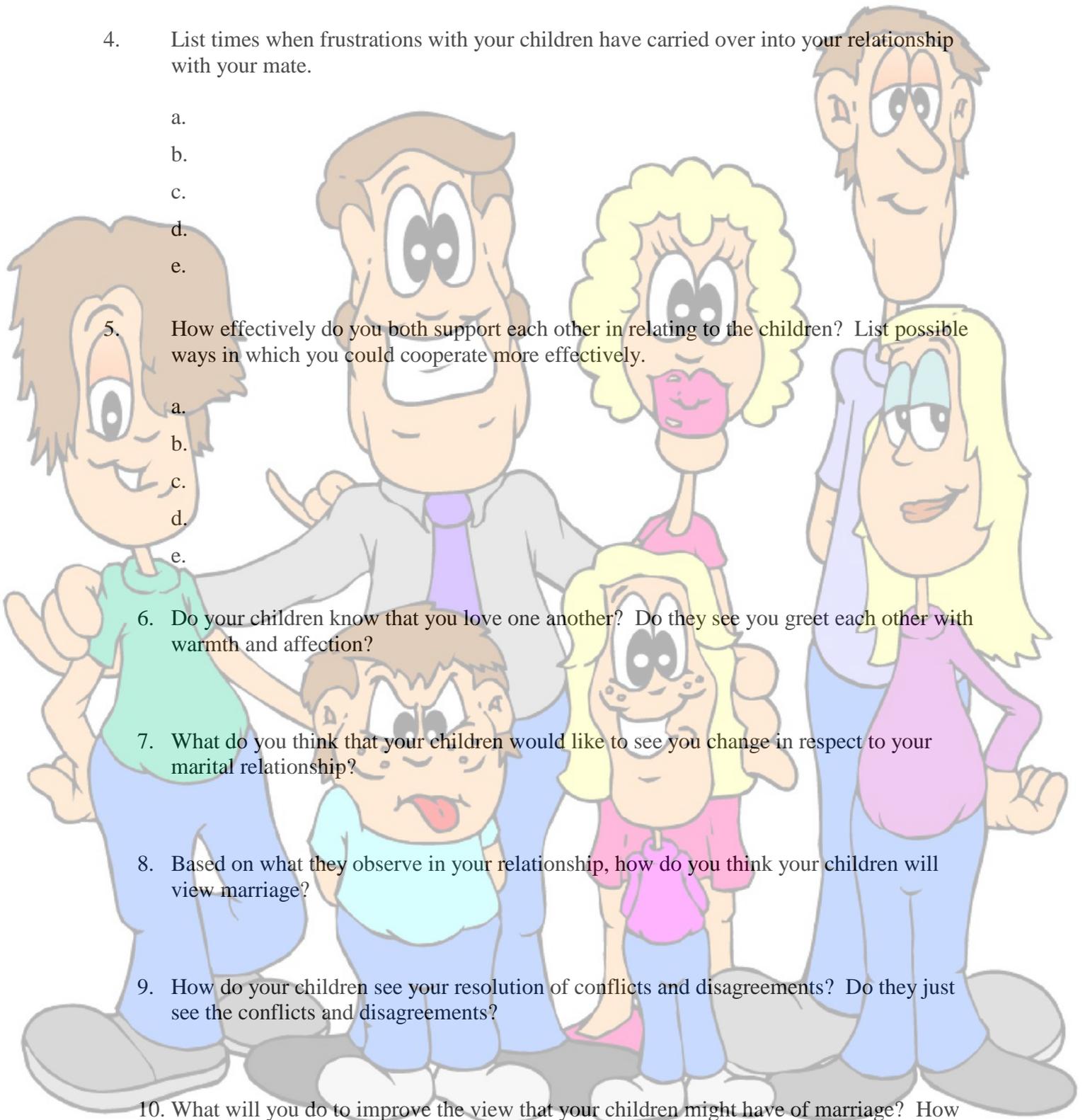
6. Do your children know that you love one another? Do they see you greet each other with warmth and affection?

7. What do you think that your children would like to see you change in respect to your marital relationship?

8. Based on what they observe in your relationship, how do you think your children will view marriage?

9. How do children see your resolution of conflicts and disagreements? Do they just see the conflicts and disagreements?

10. What will you do to improve the view that your children might have of marriage? How can you help your children in seeing the commitment that you share toward one another and your marriage?



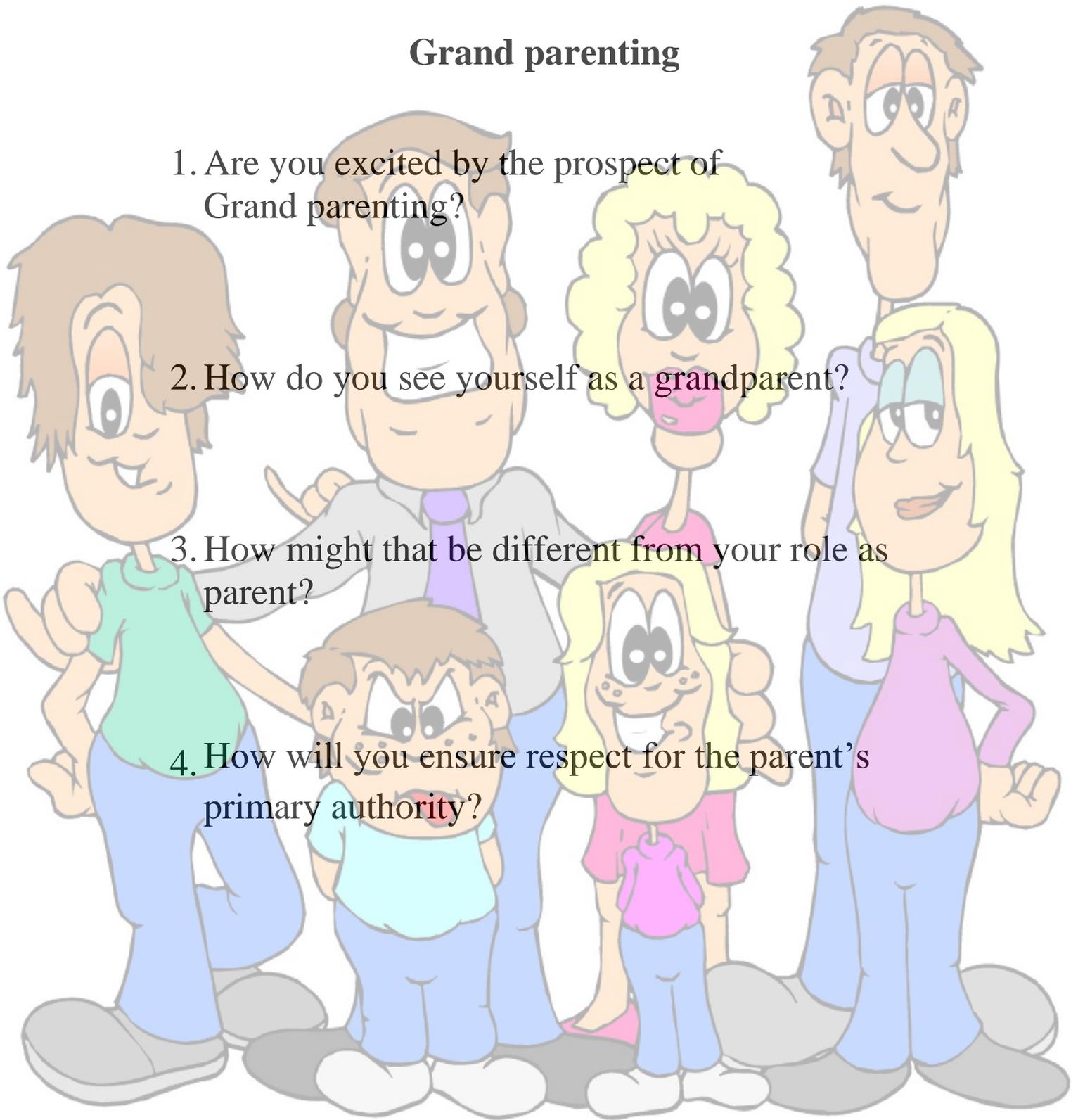
Grand parenting

1. Are you excited by the prospect of Grand parenting?

2. How do you see yourself as a grandparent?

3. How might that be different from your role as parent?

4. How will you ensure respect for the parent's primary authority?



Parenting

1. Did/Do you want to have children?
2. What are the primary memories you have of your own parents?
3. What were their strengths and weaknesses?
4. What are your expectations of yourself as a parent?
5. What measures would you use to discipline a child?

