

# CONTENTIOUS RELATIONSHIPS (W116) COURSE OVERVIEW

## COURSE OBJECTIVES

The main objective of this course is to change the hearts and minds of contentious couples, thereby reducing the harm to their children. It was also designed to speed up the court process, thereby reducing costs.

## COURSE CONCEPTS

UNIT 1: *BEGINNINGS* - We can't control our beginnings, but we can control our endings.

UNIT 2: *PERSONAL WAY OF BEING* - Determines if we will be happy in life.

UNIT 3: *DIVORCE* - We can divorce each other, but not our children.

UNIT 4: *ANGER MANAGEMENT* - Forgiveness is pardoning without resentment.

UNIT 5: *DOMESTIC VIOLENCE* - There are many ways to commit domestic violence.

UNIT 6: *CHILDREN* - Children's suffering is often expressed over a lifetime.

UNIT 7: *HOW TO BE HAPPY* - Nine steps to success.

UNIT 8: *HOW TO IMPROVE* - We must change ourselves before changing others.

## COURSE COMMENTS

The purpose of this cognitive life skills workbook is not to necessarily keep couples together, but reduce the damage to children. Secondarily, to offer cognitive skills that can minimize the impact of the strong emotional feelings that usually accompany contentious divorces.

This workbook is also an excellent resource that defines domestic violence and how to break the strong emotional cords that keep couples bound in unhealthy ways. It also demonstrates how to go through the door and resolve conflicts.

## COURSE CRIMINOGENIC NEEDS MET

Not applicable.

## COURSE REVIEW QUESTIONS

- How can people who are now deceased still be affecting us?
- How are children affected by contentious parents?
- Why do parents divorce?
- Bright thoughts bring abundance; what do dark thoughts bring?
- How does it feel when you are being treated like an object and not a person?
- Why is it hard for contentious couples to forgive each other?
- What are some marriage killers?
- What are some good parenting tips? See page 36.

EXIT TEST

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1.  Jacob
2.   
  
 104 people
3.   
 Jenny
4.   
  
 Hate
5.   
 is who you are without thinking who you are.
6.   
  
 she was deceived.
7.  is resistant.
8.   
  
 are both resistant and in the same box.
9.   
 denies the truth and blames others.
10.   
 going against what you know is right.
11.   
 a secondary emotion.
12.   
  
 we have to change what we are doing.
13.   
 feel validated and secure.
14.   
 doesn't know right from wrong.
15.  is like cancer.
16.   
  
 of faulty thinking from bad programming.
17.   
 you allow them to fix their own problems.
18.   
  
 lives in the box.
19.  for control and power.
20.   
 have their hierarchy of emotional needs met.