



Bay Brooke Center
For Independence & Wellness

PARENTING AND DIVORCE CLASS.COM
A Parent Education and Family Stabilization Course

Lighting the Fuse

HOSTILITY + HOSTILITY = GREATER HOSTILITY

Directions: Read the following examples and predict the possible outcome. Then take each situation and attempt to be the responding parent. Create a better outcome by de-escalating the conflict. Use the dos and don'ts listed on the activity page titled "Taking Control of Conflict" as your guide.

Example #1:

Mother: **"Why can't you every get our daughter home on time? I always have to be the responsible one! I think you run late on purpose just to annoy me. You are so passive-aggressive! You must enjoy making us rush at bedtime!"**

Father: **"Right, YOU'RE the responsible one! Ha! What a laugh. You can't even balance your checkbook! Get off my back. I'll get her home when I can! You always like to control things, don't you?"**

Identify the ways the father chose to create greater hostility:

Using your skills, take the role of the father, and DEFUSE the above situation.

Father:

Example #2:

Father: "You're trying to make trouble aren't you? You know the courts said you are to provide the children's clothes with the huge child support check you get from me, but NO, you continue to send the kids with nasty, ugly, inappropriate clothes! Don't you care about how they look? I can't believe the games you play just to get back at me for wanting the divorce!"

Mother: "What are you complaining about? I send clothes. The judge didn't say what kind of clothes they had to be. You should be happy with what I send. And besides you didn't return the nice stuff I used to pack. If you don't like it, buy more clothes. You're the one with all the money anyhow. And remember the divorce was your fault, so why deny it? If it weren't for your trashy secretary, we'd still be together!"

Identify the ways the mother increased the hostility:

Using your skills, take the role of the mother, and DEFUSE the above situation.

Mother:
