



Bay Brooke Center
For Independence & Wellness

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

Understanding Your Emotions

Directions: Read each example carefully. Then mark the response that is most like yours.

A: Trigger B: Beliefs & Thoughts C: Emotional Consequences D: Decisions or Actions

Example #1

A: While on the phone your co-parent says, "Have you sent the child support check yet? I'm really short this month."

B: You believe that she is simply asking a questions, and you resist reading into the comment.

C: You do not feel threatened.

D: You answer directly without emotion

OR:

A: Same trigger

B: You do not trust the co-parent. You believe he is setting you up to return to court for an increase in support. You believe you are being manipulated.

C: You feel angry or anxious.

D: You snap back at the co-parent and initiate an argument about something else.

OR:

A: Same trigger

B: You believe that you got a rotten deal in the divorce and the co-parent just doesn't realize or appreciate how she well did in the settlement.

C: You feel furious because this questions has opened up an old wound.

D: You blame the co-parent and tell her to "drop dead!" You slam down the phone.

Understanding Your Emotions

Example #2

A: You are on the phone with your child when the co-parent says it is time to get off.

B: You believe that the co-parent has been attempting to alienate you from your child. You believe that you and your child will never be close as long as the other parent is in the picture. You know how it feels to lose a parent. You believe that the co-parent will continue to control you and your child forever.

C: You feel angry and discouraged.

D: You call the co-parent on the phone and accuse her of making up excuses to get your child off the phone. You may even threaten to go back to court for custody.

OR:

A: Same trigger

B: You think that your child wanted to get off the phone but waited for the co-parent to request it. You wonder if your child loves the co-parent more than they love you. You also think that the co-parent will always be closer because your child lives with her more than with you. You believe you will never win.

C: You feel hurt, resigned, angry, resentful, or depressed.

D: You may respond by rejecting or by spoiling your child during the next visit. You may also become depressed or irritable. You may try to put the co-parent down; this hurts your child.

OR:

A: Same trigger

B: You believe that the request was based on an unfinished homework or some other issue. You believe that you and your child will talk tomorrow. You also believe that the co-parent is attempting to value your relationship with your child rather than block it.

C: You feel disappointed and understanding.

D: You ask the co-parent in a reasonable tone, to let you know when is the best time to call in the evening. You negotiate with the co-parent or you plan to have your child call you instead.



Let's Practice

Directions: Read each trigger below and then complete the beliefs, emotions and person actions you might have. Be honest.

Situation #1

A: You ask the co-parent if you can change the date of your next visit because your parents will be in town. You want your child to visit with their grandparents. The co-parent responds by saying only, "No, it is not convenient."

B: Belief

C: Emotions

D: Action

Situation #2

A: You show up for a scheduled meeting with your child's teacher and your co-parent forgets to attend. This type of thing has happened before.

B: Belief

C: Emotions

D: Action





Let's Practice

Situation #3

A: Your child refers to her new stepparent as daddy/mommy.

B: Belief

C: Emotions

D: Action

Situation #4

A: You were the one to file for divorce. Your child asks, "Why don't you love Daddy anymore? He still loves you. Can't we still be a family? Please?"

B: Belief

C: Emotions

D: Action

