

Conflict Resolution

Factors, Effects, & Terms



Compromise

Involves both people giving in and finding a satisfactory agreement

Neither person has to make a major sacrifice.

The solution contains ideas from all parties involved.

Companionship is enhanced.

There is no winner or loser.



ACCOMMODATION

When both people agree to disagree.

Accept each other's differences

Recognize the right of someone else to believe differently than you do

Although differences remain, they do not break down the relationship.



MARTYRDOM

One of the partners is conflict-shy and will do anything to avoid conflict



One person always gives in.



Relationship deteriorates.



There is no respect for the person who always gives in.



ONGOING HOSTILITY

When a couple lives in a constant state of disagreement, quarreling, and bickering.

Fighting is constant and tension occurs frequently and is expressed destructively

The relationship deteriorates

No decisions or resolutions are made

Hostility spreads to all areas of the person's life.



CONCESSION

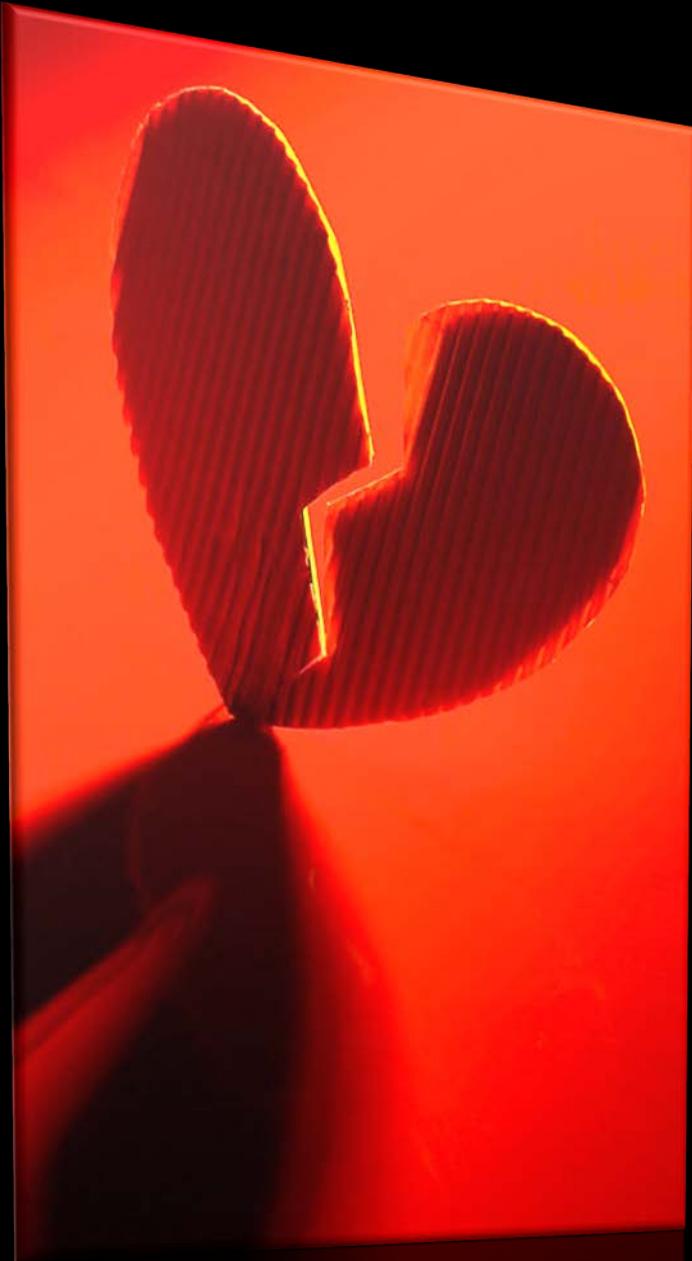
Giving in--One person gives all while the other person gives nothing

Allows one person to win.

Communication and bargaining takes place

Both parties must be willing to live with the decision

The loser knows he/she will have a chance to win at another time



Divorce

Factors, Effects, & Terms



Legal Aspects of Divorce

Division of Assets

Who maintains ownership of homes, cars, property, retirement plans, household items, etc.

Alimony

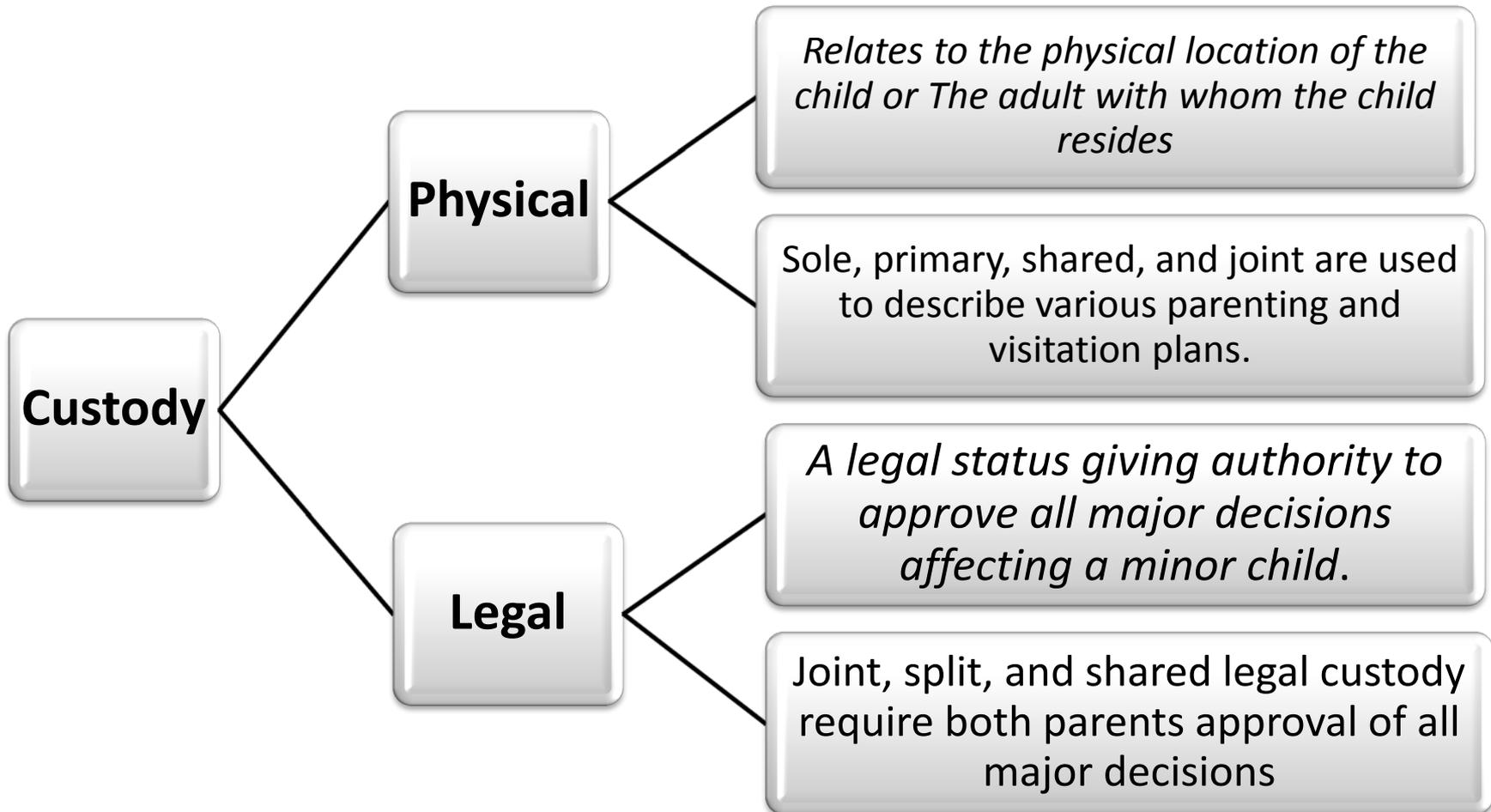
Court-ordered spousal support, usually periodic payments, but sometimes paid in a lump sum as part of a marital agreement

Child Support

Court-ordered payments from the non-custodial parent to the custodial parent in support of the children's physical needs (food, clothing, shelter)



Legal Aspects of Divorce





Divorce

- What factors lead to divorce?
- What are the negative outcomes of divorce?
- Are there positive outcomes of divorce?
- Do you think parents should stay together for the kids?
- How can parents make divorce easier for their children?



What factors lead to divorce?

#1 Factor is
Selfishness—on
the part of one or
both spouses

Changing value
system

Physical and
emotional abuse

Religious
differences

Alcohol/substance
abuse



What are the negative Outcomes of Divorce?

Health effects

- *More illness, more premature deaths, higher suicide rates and higher number of cases of depression*

Economics

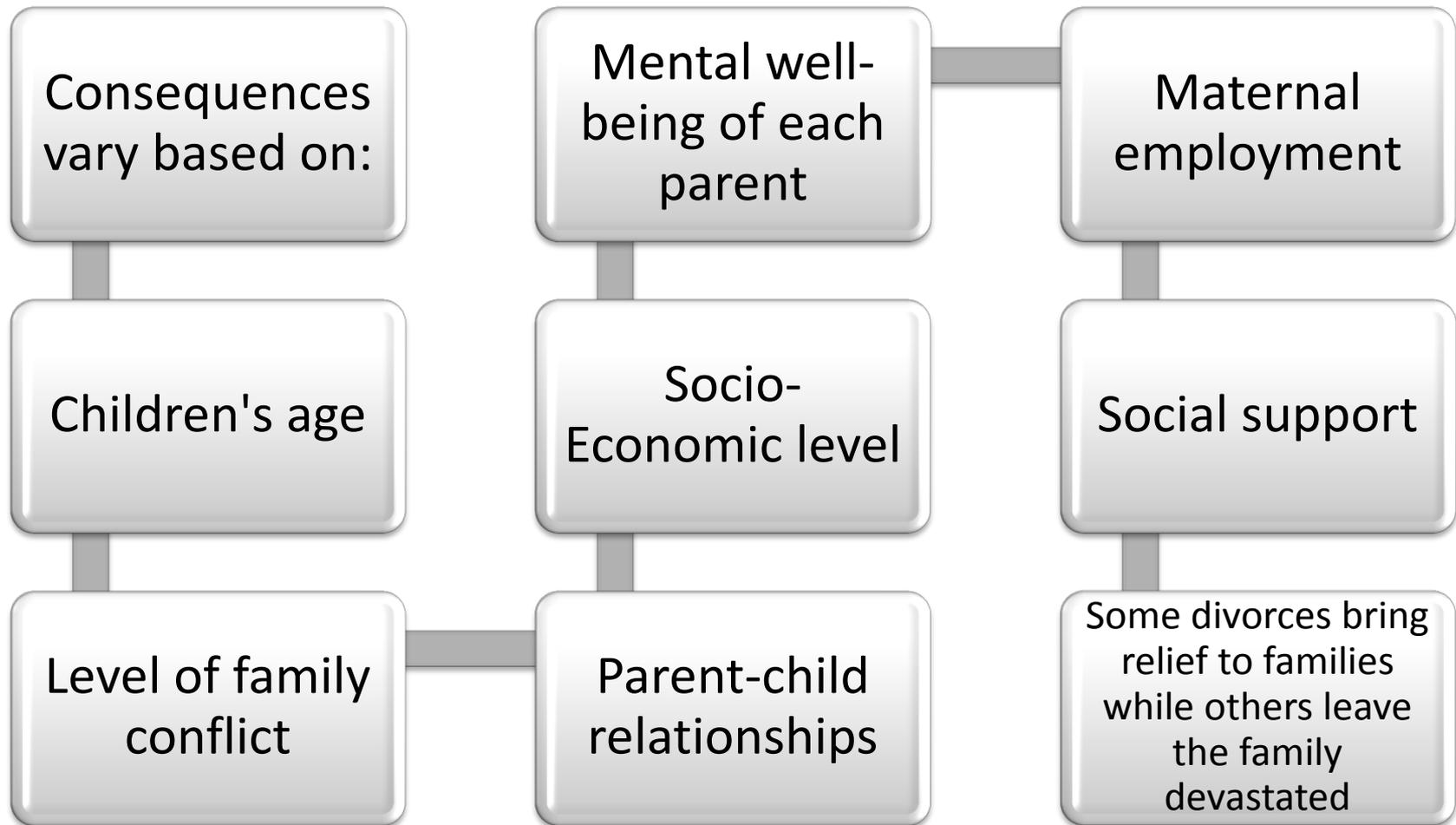
- *Standard of Living goes down*

Emotional effects

- *Adults begin to doubt any relationship can be permanent*
- *Many effects on Children*

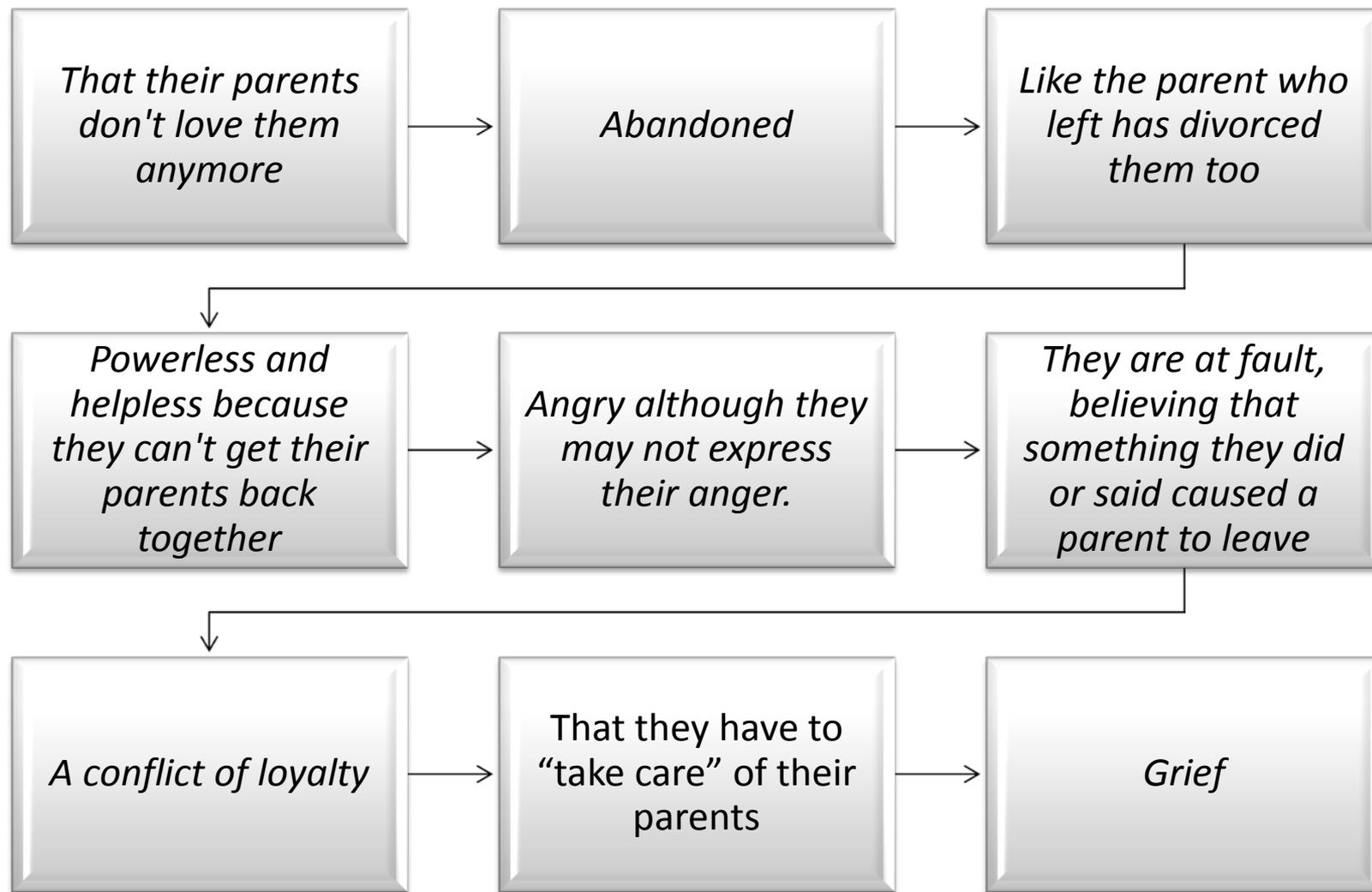


How are children effected?





Children May Feel . . .





Behavioral Differences

Ranges from very mild behavior, such as difficulty sleeping, to extremely destructive behavior, such as suicide, drug abuse, or violence

Problems in school, nervous habits, repetitive physical behaviors, and regressive behaviors such as bed-wetting, fears, and use of comfort items

Children may become clingy and whiny and have a greater need to be nurtured





Helping Children Cope with Divorce

