

Empower Syllabus for Addressing Conflict

November 19, 2022, 1pm-4pm

Mrs. Michelle S. Park, M.A., LMFT

Required Reading: Cloud, H. & Townsend, J (1992). *Boundaries*. Grand Rapids, MI: Zondervan Publishing House.

For all writing assignments: double-space, one-inch margins, Times-New Roman 12 font.

There is one pre-class assignment for this class and one post-class assignment. The Pre-class assignment is due on November 18, 2022 and the Post-class assignment is due on December 9, 2022.

Pre-class Assignment: Due November 18, 2022

Reading Report

Read Chapters 1-6 from *Boundaries*. (Students may read the book in its entirety and are not limited to just Chapters 1-6) Then write a 3-page paper addressing the following questions:

Identify TWO current conflicts that are distressing to you. They can be conflicts that are occurring in your marriage, family, friendships, work and/or your church.

1. What are your identified goals that contribute to EACH particular conflict (your goal(s) differ from the other person's goal(s), hence the conflict)?
2. What feelings (use feelings chart, if needed) do you have when you think about EACH specific conflict?
3. Reflect on how your way of managing conflict (compliant, avoidant, controller, nonresponsive) may be contributing to your distress.

Post-Class Assignment: Due December 9, 2022

Reflection Paper

Write a 5-page paper addressing the following questions:

1. What have you identified regarding your ***pain cycle*** and how you manage pain (conflict)?
 - When do you remember first experiencing those feelings? (Address the three that you began identifying in class)
 - Where did you learn your coping responses?
 - What messages did those violations of love & trust say to you about you? Your relationships?
2. What have you identified regarding your ***peace cycle***?
 - What is the truth about who you are? (Again, address the three that you identified in class)
 - Why is it true that you are [your truth]?
 - If you believe this to be true, what other ways might you be able to respond to conflict besides the coping behaviors identified in your pain cycle?
 - Revisit the conflicts you wrote about in your Pre-class assignment.
3. Read the chapter that corresponds with your particular conflict scenario. (i.e. If you wrote about conflict with family - read chapter 7 on "Boundaries and Your Family." If you wrote about conflict with your spouse, read chapter 9 on "Boundaries and Your Spouse." If conflict at work, read chapter 11, etc.)
4. How will awareness of your own feelings, how your pain and peace cycle work and having boundaries in your life make a difference in the way you address those particular conflicts? (Name 2-3 ways this will make a difference and explain.)
5. What are 1-2 action steps that will help you towards making that difference?