

IS ESTRANGEMENT HURTING YOUR MARRIAGE OR FRIENDSHIPS?

TELESEMINAR STUDY GUIDE

Joshua Coleman, Ph.D.

What are some common ways that estrangement negatively impacts marriage?

How can estrangement reduce the ability to do the work that any marriage requires?

Why do people commonly scapegoat their spouses?

How does the soul mate culture complicate this dynamic?

What is the contagion effect of emotions in marriage and why is it important to couples that are dealing with estrangement?

Name some common gender differences in the way that men and women manage stress, conflict, and communication

How does estrangement make these differences more problematic sometimes?

Why do couples sometimes blame each other for the estrangement?

What are some ways that one of the members of a couple can behave to perpetuate an estrangement?

What is a good solution if one parent wants to keep trying to reconcile and the other wants to stop trying?

How do gender differences commonly affect the position that couples take around this?

Name some important communication strategies that can help you to resolve conflict and reduce the role that estrangement has on your marriage?

What are the “Four Horsemen of the Apocalypse” and why are they important to couple’s communication?

What is a *timeout* and why is the use of it so important?

Why is the frequent expression of appreciation so important to couples that are dealing with estrangement?

What if the estranged child wants contact with one of the parents and not the other?

What are some common ways that estrangement can negatively impact friendships and relationships with co-workers?

Why do estranged parents often feel worse after confiding in their friends who aren't dealing with estrangement?

What is a good response when friends or co-workers ask about your estranged child?

Why is having a plan around social events so important for estranged parents?

©2011 All rights reserved. Reprints and reproduction allowed only with written permission of author

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.
