CHAPTER ONE
INTRODUCTION

1. The author believes that there are some things students should know about relationships even before beginning their study. What are these things?

2. According to Parrott and Parrott there are tools that couples in good marriages use to sustain a satisfying relationship. What are these tools?

3. Explain the author’s purpose for including the marriage and family story of Troy and Dot in the text material.

4. The author makes an assumption in the section “My Hope for the Reader.” What is this assumption? What is the author’s hope for the reader?

CHAPTER TWO
THEORIES AND RESEARCH: OUR SEARCH FOR UNDERSTANDING

1. Discuss Freud’s psychoanalytic theory. In what way does this theory relate to the family?

2. Discuss Erikson’s psychosocial theory including his stages of development. In what way does this theory relate to the family?

3. Define object relations theory. What does the word object refer to in this title? What is the central focus of this theory?

4. Specify how behavioral theory differed from psychoanalytic theory. What concepts did behavioral theory emphasize? How did behavioral theory influence marriage counseling? What mistake did behaviorists make as they attempted to apply this approach to troubled couples?

5. Indicate how Bandura changed the emphasis of Skinner? What was the significance of this change? What is the focus of cognitive behavioral therapists?

6. Specify what Rogers emphasized in his humanistic theory. What is the actualizing tendency and the organismic valuing process? According to Rogers, what characterizes a growth-producing environment? How have humanistic ideas been used to help couples and parents manage family problems?
7. Discuss the findings of biological psychologists concerning the impact of genetic factors on personality and behavior. What types of research studies do these psychologists use to help them determine the role genetics plays in determining personality and behavior?

8. In relation to family systems theory, discuss the following concepts: system, rules, wholeness, homeostasis, feedback, input, output, subsystems, and boundaries. How is the family system like a home heating system? What point did Satir make with her mobile example?

9. Differentiate between linear and circular causality. What point did Becvar and Becvar make with their ball illustration?

10. Explain the concepts of equifinality and equipotentiality.

11. A family systems theorist is interested in studying process? What does this mean? How would you study process in relation to a family?

12. State the three goals of scientific research.

13. Discuss the three approaches to research that are frequently utilized when the goal of research is accurate description—the survey, naturalistic observation, and the case study.

14. Discuss the goal of accurate prediction by describing what is involved in correlation research. Use the examples given in the text in your discussion.

15. Discuss the experiment. Use the examples given in the text in your discussion. What advantage does the experiment have over the other methods of research?

16. Define the following terms: independent variable, dependent variable and extraneous variables. How do researchers often control for extraneous variables?

17. Both theorists and researchers have contributed to our understanding of families. What third group has also contributed to our knowledge base?

CHAPTER THREE
FAMILY RULES, STRUCTURE, AND DEVELOPMENT

1. Indicate what makes up the structure of the family. What purpose do rules serve?

2. Discuss how a family’s rules and structure develop. What powerful influences often determine the nature of a family’s rules?
3. Discuss the three ways Nichols believes that healthy families are similar according to their structure—clear boundaries, hierarchial organization, and flexibility. Give some examples of how unhealthy alliances create boundary problems?

4. According to Satir healthy rules support five freedoms that everyone should enjoy. What are these five freedoms?

5. Discuss some differences between healthy and unhealthy rules. What are some questions that should be asked about family rules?

6. Discuss the nature and function of rules. What does it mean to say that family rules are implicit? According to Nichols, what is the difference between a rule and a regulation? What are the specific functions that rules serve?

7. Define rule sequence. Why are rule sequences sometimes referred to as family dances? What is a vicious cycle?

8. Describe the dance or vicious cycle that characterized the family described in the book *The Family Crucible*.

9. Discuss the dances that often characterize couples—the pursuer-distancer dance, the drifting couple dance, the conflictual dance, the circular dance, and the overfunction-underfunction dance.

10. Discuss the nature and function of destructive dances.

11. Discuss Olson’s two dimensions of cohesion and adaptability and attempt to imagine what rules would characterize families at different places on these continua. What characterizes families that tend to function adequately on these continua? What are some of the other findings concerning this model?

12. Define family ideology. What does Stephen Covey suggest?

13. Describe three family ideology systems that have been studied—the closed family, the open family, and the random family.

14. Define the exaggeration principle. When would this principle be used?

15. Specify why early understandings are important in families. What is the epigenesis principle?

16. Define and give an example of homeostasis/morphostasis.

17. Explain why change is often so difficult in couple and family relationships.

18. Define and give an example of morphogenesis.
19. Give some examples of expected events that produce change in families.

20. Specify the typical stages of the life cycle. Why did scholars begin using the term life course?

21. Give examples of some unexpected events that produce change in the family.

22. Distinguish between stages and transitions.

23. Describe what Viorst and Gould believe we learn as life unfolds. According to Gould what is the difference between childhood consciousness and adult consciousness? What false assumptions tend to be given up as adult consciousness emerges?

CHAPTER FOUR
IMPORTANT TRANSITIONS IN FAMILY LIFE

1. Discuss some false beliefs and half-truths pertaining to marriage.

2. Discuss Dym and Glenn’s theory concerning the stages of marriage. What are their stages? What characterizes their theory and each stage in their theory?

3. Describe the stages that Davis believes couples go through as marriages progress.

4. Specify some false beliefs and half-truths about parenting and child rearing.

5. Name the two studies that have contributed to our understanding of the baby transition. What does John Gottman state concerning this transition in the preface of Cowan and Cowan’s book?

6. Discuss how Belsky studied this transition in The Penn State Child Development Project and how the Cowan’s studied this transition in the Becoming a Parent Project.

7. Discuss the domain of self. What was important about this domain?

8. Discuss the domain of gender ideology. What was important about this domain?

9. Discuss the domain of emotionality. What was important about this domain?

10. Discuss the domain of communication. What was important about this domain?

11. Discuss the domain of expectations. What was important about this domain?

12. Discuss the domain of conflict management. What was important about this domain?
13. Discuss some issues that couples fight and disagree about as life with baby progresses.

14. Indicate what Belsky and the Cowan’s found concerning conflict over household chores. Why is it so difficult for even husband’s who want to be involved fathers to play this role?

15. Discuss why there is so much conflict over money issues in marriage. What are the four money orientations that may be hidden differences behind money conflict?

16. Discuss conflicts involving in-laws and relatives. What do couples often regret in regard to in-law problems? What role must the husband play in situations where there is an intrusive mother-in-law? Why is this role sometimes difficult to play?

17. Specify what research findings indicate about sexual problems in marriage. What are some important differences between husbands and wives that relate to sexual satisfaction? What should husbands do to increase the likelihood of a satisfying sexual relationship?

18. Specify some issues that lead to conflict concerning child rearing. What do Gottman and Silver believe is important if parents are to deal with the baby transition successfully?

19. Explain why Garbarino believes that the present day environment for rearing children is a toxic environment. What are the toxins?

20. Explain why Garbarino believes there are more difficult children today than in the past.

21. Explain what Taffel thinks is different about rearing children today compared to the past.

22. Specify how Taffel would define the second family. What are the three levels of child involvement in the second family?

23. Explain why parents cannot guarantee that their children will be stable and healthy.

CHAPTER FIVE
FAMILY INFLUENCE AND GENERATIONAL CONNECTIONS

1. Explain why the connections in families are so powerful. What produces these connections?

2. Discuss family influence and the hereditary process.
3. Give an example of how genetic predispositions interact with environmental circumstances to shape personality. In what areas does Ambert believe parents make a vital contribution and what does she believe may be parents’ foremost contribution to their offspring?

4. Marriage partners come to realize that they are different in some significant ways that are probably due to both genetic predispositions and environmental influences and that these differences can create perpetual problems in marriage. What are some perpetual problems John and Julia Gottman often see in marriages? Why do some therapists believe it is important to help couples understand the origins of their strong feelings in regard to their difficult issues?

5. Specify why family relationships mold such powerful and meaningful connections. According to Burr, Day, and Bahr why are family connections and relationships so meaningful?

6. Discuss the work of Bowlby and Ainsworth in regard to early connections and attachment theory. How did Ainsworth measure a young child’s sense of security and attachment? What were the attachment styles she discovered and the percentages associated with each style? What did she believe led to the different attachment styles?

7. Discuss the research findings that indicate that adults with different attachment styles were exposed to parents with different parenting styles. Do different attachment styles influence behavior in regard to romantic relationships?

8. In regard to generational influences through time, discuss Cowan and Cowan’s longitudinal findings in the following areas: problems with alcohol in the family of origin, conflict in the family of origin, secure/insecure attachment relationships in the family of origin, and parental distress and the competence of children.

9. Specify the basic assumptions of object relations theory. What do Mahler, Pine, and Bergman believe is important in the developmental process during the toddler months?

10. Discuss what Hendrix believes about the process of development. What does his theory emphasize about yearning for completeness, psychological wounding, and understanding childhood experience? How does Hendrix define the word imago?

11. Discuss the first two stages in Hendrix’s developmental theory.

12. Describe what characterizes the minimizer and the maximizer.

13. Discuss what Hendrix believes about the socialization process.

14. Discuss the nature of falling in love from the perspective of Imago theory.
15. Examine what Napier believes about the mate selection process. How does Napier’s explanation differ from that of Hendrix and Imago theory?

16. Discuss the influence of the family of origin on the roles individuals learn to play. Include in your discussion Ford’s description of roles and Napier’s description of roles. What are the roles that bind to the family and the roles that push away?

17. Give an example of a marital situation where the past has negatively influenced the present. Why is it important to examine the determinants of our emotional makeup?

18. Specify the elements that Gottman and Silver see as crucial to understanding our emotional makeup. What are Gottman’s categories regarding emotional philosophy? What are often the sources of our sensitive vulnerabilities?

19. Indicate what characterizes a transitional person. What does Covey mean when he advises families to be proactive? What are some things that individuals might do as they attempt to become a transitional character?

CHAPTER SIX
EMOTIONS IN FAMILY LIFE

1. Discuss the concept of emotional intelligence. What characterizes the emotionally intelligent person?

2. Discuss why it is difficult to always manage emotions effectively in the home environment.

3. Specify what Gottman discovered about the two types of parents. What characterizes parents who are effective emotion coaches? What has Gottman found in regard to empathic ability and gender? What are the positive outcomes associated with emotion coaching?

4. Discuss gender differences in emotional styles. How do boys differ from girls and how are these differences explained? How do males and females respond differently in heated conflict discussions? What is flooding? What is stonewalling? Why might males be more sensitive to emotional discussions in marriage?

5. Specify how the concept of set point and steady state relate to emotional expression and affect in marriage. Relate this to a home heating system model. What is the 5 to 1 ratio? What influences where the marital thermostat is set? What influences how a marital interaction will go? What characterizes the set point ratio in unstable marriages?

6. Discuss what is meant by escalation of negativity. What characterizes stable and unstable marriages in relation to escalation of negativity? How were partners in
stable marriages able to keep from escalating negativity? Why did repair attempts work in stable marriages and not work in unstable marriages? Why is it so important to maintain positivity on a daily basis in marriage?

7. Indicate what characterizes marriages where the partners exhibit emotional disengagement and flat emotional affect. Why do partners stay in these marriages?

8. Discuss Jacobson and Gottman studies regarding conflict interactions among violent couples. How were their studies of violent couples unique from other studies? How were cobras and pit bulls different? How were cobras and pit bulls similar?

9. List the three types of abusers that Dutton describes.

10. Discuss the three cyclical stages that characterize the cyclical/volatile batterer.

11. Discuss the three things that Dutton believes creates the cyclical/volatile abuser. Why do these abusers exhibit symptoms of PTSD? What characterizes the fathers of these abusers? What have the mothers of these abusers been like? How does Dutton use the object relations theory of Klein and Riviere to explain the abusive behavior of the cyclical/volatile abuser?

12. List the signs that often predict future abuse.

13. Indicate what Gottman found characterized violent males in regard to accepting influence. What did Gottman wonder about concerning nonviolent marriages in regard to accepting influence? What did he find?

14. In regard to nurturing healthy emotional connections, indicate what Gottman means by mastering the bid process. What are some differences in happy and unhappy couples in regard to the bid process?

15. Describe the different ways of responding to bids.

16. Discuss how couples can avoid behaviors that diminish emotional connection. What is meant by soft startup? What is the difference between a complaint and a criticism?

17. Discuss how Gottman believes that couples can strengthen emotional connection.

18. Specify what Bowen believes to be powerful, yet opposing forces within everyone.

19. Define the concept of differentiation. In what two ways did Bowen and Kerr use this term? How are highly differentiated individuals different from individuals low in differentiation? What is the distinction between basic differentiation and functional differentiation?
20. Explain how Bowen and Kerr apply the concept of differentiation to families. How would a family high in differentiation be different from a family low in differentiation?

21. Indicate how Bowen and Kerr perceived the family as an emotional system. How might the emotional tone of a family be described? What is chronic anxiety and why might a family experience chronic anxiety? How is chronic anxiety like termites eating away the foundation of a house? What effect might chronic anxiety have on family members?

22. Specify what may influence the level of anxiety in individuals. What do Kerr and Bowen propose concerning what influences ones level of chronic anxiety?

23. Discuss the concept of separateness and togetherness in couple relationships. What motivates partners at the togetherness/closeness end of the continuum?

24. If partners are on a different wavelength in regard to their separateness/togetherness needs this creates special problems. In what four ways might couples attempt to deal with this disharmony? What are the disadvantages of each of these methods?

25. Discuss the concept of emotional triangles. What purpose do these triangles serve? How might an outsider be drawn into a triangle? What are the triangles that involve different relationship patterns? What determines the frequency and intensity of triangles?

26. Describe what the environment in a household characterized by chronic anxiety might be like? What might cause a household to be so full of anxiety? What are the effects of chronic anxiety on family members? What do Kerr and Bowen propose about one’s level of chronic anxiety?

27. Specify what is meant by an emotional triangle. When do triangles occur, in what ways do they occur, what purpose do they serve, and how are they unhealthy?

28. Discuss Friedman’s laws of emotional triangles.

CHAPTER SEVEN

LOVE AND HAPPINESS IN INTIMATE RELATIONSHIPS

1. Explain why Myers believes that a good marriage enhance one’s sense of well being. What other benefits are associated with a good marriage?

2. Discuss some myths and half-truths relating to love.

3. Discuss the theories that relate mate selection to the past.
4. Discuss mate selection as a filtering process. What are the filters that research indicates are important? What role do these filters play in the selection process?

5. Discuss whether similarities in personality or opposites in personality make good matches. What would a therapist likely say about similarities and opposites? What does the word compatibility mean? What are some characteristics research finds have been associated with lasting marriages?

6. Discuss the cohabitation filter. What are some common motives behind cohabitation? What might explain why couples that do cohabitate before marriage have higher divorce rates than couples that do not cohabitate before marriage?

7. Discuss some of the mistakes people make as they contemplate marriage. According to Hanna what are some of the questions couples should explore with each other before marriage?

8. Distinguish between passionate and companionate love. Prior to the twelfth century what type of love was most common? How do these two types of love change as marriage endures through the years?

9. Discuss Sternberg’s triangular theory of love. Define the types of love that form the tips of the triangle. Discuss how these types of love combine to form romantic love, fatuous love, companionate love and consummate love.

10. Specify what Doherty means by an “intentional marriage.”

11. Distinguish between constraint commitment and dedicated commitment.

12. Discuss some typical differences between husbands and wives in terms of how intimacy is expressed. According to Block, what is the relationship between intimacy and a healthy sex life in marriage? What emotion is a threat to a couple’s intimacy? What are the tasks for husbands and tasks for wives as they attempt to sustain a healthy intimacy?

13. Indicate how Scott Peck defines love. What does Peck say love is not?

14. Discuss what Peck’s definition means. Elaborate on the words extends self and will in his definition.

15. Explain what Peck means when he says that love is work. If love is work, what is the nature of this work and how is the work of love expressed?

16. Explain what Peck means when he says that if we are to love we must overcome our fears. What does this require on the part of each partner?
17. What does Peck mean when he writes, “couples cannot resolve in any healthy way the universal issues of marriage – dependency and independency, dominance and submission, freedom and fidelity, for example – without the security of knowing that the fact of struggling over these issues will not itself destroy the relationship.” What is the role of commitment in a relationship?

18. Explain Peck’s assertion that mature love requires separateness.

19. Explain what Hendriks means when he uses the term conscious marriage. What does a partner need to understand about self and partner in a conscious marriage?

20. Discuss Burr, Day, and Bahr’s definition of family love. What are the four characteristics of family love?

CHAPTER EIGHT
COMMUNICATION

1. Specify what the words process, symbolic, transactional, and shared meanings mean in the definition of the word communication.

2. Define the terms *digital message, analogic message*, and *metamessage*. How important is the metamessage in helping us determine what the words mean? What exercise does Gottman use to help couples become more aware of the metamessage aspect of communication?

3. Specify the four types of expression discussed by McKay, Davis, and Fanning.

4. Discuss communication that involves needs. How are involvement and independence needs reflected in communication? How do differences in a couple’s involvement and independence needs lead to miscommunication? Why are individuals not always direct in communicating their needs?

5. State the three myths that influence communication about sex. Why might these myths contribute to misunderstandings?

6. Discuss the need to love and be loved. According to Chapman what are the five different love languages? When do misunderstandings occur in couple relationships concerning the love languages?

7. Discuss the communication process in regard to the need for respect and worth and the need for power and control. What is communicated in healthy marriages in regard to these needs?

8. Discuss the communication of feelings. Describe the University of Oregon study that indicated that feelings leak through even when partners attempt to hide their feelings. Why do partners at times fail to share feelings in an honest way in family situations?
9. Discuss the communication of thoughts and compare this communication with the communication of observations.

10. Analyze communication from the sender’s point of view. What mistakes are common sender mistakes?

11. Analyze communication from the receiver’s point of view. What mistakes are common receiver mistakes?

12. Discuss the relational bank account and the positive (+) and negative (-) feedback technique of Notarius and Markman. What do the research findings suggest concerning happy and unhappy couples when this technique is used? What characterized the unhappy couples when their communication was analyzed?

13. Indicate the common mistakes that Wile sees partners make in the communication process. What can couples learn that can be helpful even when they make these mistakes?

14. Specify the six core issues that frequently underlie conflict. Why do couples often have difficulty talking about these core issues? According to Gottman, what would characterize a healthy conversation in regard to these issues?

15. Both Gottman and Beck discuss types of thinking that are associated with relationship problems. What has Gottman found? What are the different cognitive distortions Beck has identified? Give an example of each of these cognitive distortions?

16. Specify how differences in past training and personality/temperament may influence one’s communication style.

17. Discuss gender differences and communication. How are males and females socialized differently and how do these differences lead to misunderstandings?

18. Specify the gender differences pointed out by Fincham, Fernandes, and Humphreys.

19. Discuss the gender differences in communication style noted by Deborah Tannen regarding gaze, creating connection and negotiating status, being direct and indirect, talking at home and in public, ritual opposition, and nagging and self-initiative. How might these differences lead to misunderstandings?

20. Discuss the conflict communication approach taught in the PREP program. What are the general rules for handling conflict? What rules apply for the Speaker-Listener technique?
21. Discuss problem solving in the PREP approach. What steps are involved in this problem solving approach? When would couples use the Speaker-Listener technique and when would they problem solve?

22. Distinguish between events, issues, and hidden issues. Why is it important to make this distinction? What six hidden issues have they noted?

23. Explain what the developers of PREP believe often cause conflicts in marriage. How would the PREP program help couples in regard to the origin of their conflict differences?

CHAPTER NINE
WHEN COUPLES AND FAMILIES STRUGGLE

1. Specify what states have the highest and second highest rates of divorce. What state has declared war on divorce?

2. Indicate some of the disadvantages of divorce. What does Davis believe about divorce?

3. Discuss how researchers go about studying the divorce process.

4. Discuss the problem issues that DeAngelis believes couples should consider even before marriage.

5. List some important questions partners should ask before marriage.

6. Discuss the PREPARE program. What relationship areas are couples encouraged to examine in the PREPARE program? What objectives does this program help couples achieve? What do the research findings suggest in regard to the effectiveness of the PREPARE program?

7. Discuss the research of John Gottman. How extensive was this research?

8. Describe Gottman’s love lab. What measures (behaviors) are studied in this lab and how do the researchers go about studying these measures (behaviors)?

9. Discuss the three types of marriage styles that were labeled stable. What is the 5 to 1 ratio and how does this 5 to 1 ratio relate to the stable marriage styles?

10. Describe the two unhealthy styles. What characterizes the ratio of positive to negative in these styles?

11. Specify what Gottman means by the Four Horsemen of the Apocalypse. Discuss each of the horsemen. What is the difference between a complaint and a criticism? Why
is it important to register a complaint rather than a criticism? Why is defensiveness usually harmful to a relationship?

12. Describe the characteristics of contempt. How detrimental to a sound relationship is contempt?

13. Discuss the fourth horseman—stonewalling. Who typically stonewalls in a marriage relationship and why is this partner the person who stonewalls?

14. Discuss the physiological components of marital conflict that Gottman studied. How is stonewalling related to escape conditioning? What are the gender differences associated with stonewalling?

15. Discuss the cognitive components of marital conflict and how these were studied.

16. Describe the characteristics of the distance and isolation cascade. What are some other characteristics of the cognitive landscape in the troubled marriage?

17. Discuss the concept of repair attempts. What are repair attempts and who makes them? What is the difference between stable and unstable couples in regard to repair attempts? What determined whether a repair attempt was successful?

18. Explain what Gottman believes concerning lowering expectations in a marriage. Who is likely to be most sensitive to negativity? According to Gottman what should be done when negativity creeps into a marriage?

19. Discuss Vaughan’s concept of uncoupling. How did Vaughan gather her data?

20. As uncoupling progresses, describe the viewpoint of the initiator. How are secrets involved in the uncoupling process for the initiator?

21. Describe the viewpoint of the rejected partner. How is this partner aware without being aware? How is the rejected or left behind partner at a disadvantage in this process? How does this partner deal with the mixed messages of the initiator?

22. Indicate why Vaughan believes there are so many failed relationships and why so few couples can pull it back together after the uncoupling process runs its course.

23. Discuss Kayser’s study of marital disaffection. How did she collect her data?

24. Discuss the characteristics of phase I, II, and III in the disaffection process. What percentage of the participants in her study began to have doubts about the marriage in the first six months? in the first year?

25. Describe the gender differences Kayser noted in the disaffection process.
26. Discuss Hendrix’s beliefs about why marriages are unhappy. What is the power struggle and what are the stages of this struggle? When people are unhappy in a relationship, why do they register unhappiness with blame and criticism?

27. Describe the characteristics Napier and Whitaker see in struggling families. What other ways are struggling families often unhealthy?

CHAPTER TEN
HELPING COUPLES AND FAMILIES

1. Discuss the negative attitudes that McGraw believes must be eliminated if change is to take place.

2. Describe the beliefs that need to be cultivated if couples are to built healthy relationships.

3. Specify the belief on which Gottman’s seven principles approach is based upon. What percentage of the problems in a marriage are perpetual problems?

4. Discuss the characteristics of each of the seven floors of The Sound Marital House. What are the first three floors based on? What characterizes the first three floors of the Sound Marital House for couples who have built well? What do troubled couples need to do to strengthen the first three floors?

5. Describe what characterizes the fourth floor. What is positive sentiment override? Why is positive sentiment override a good thing? What characterizes the fourth floor for couples who have built well? What do troubled couples need to do to strengthen the fourth floor?

6. Describe what characterizes the fifth floor. What three things do healthy couples accomplish on this floor? What suggestions does Gottman make that relate to both solvable and perpetual problems? What is the marital paradox? How can a couple determine whether a problem is solvable or perpetual? What five steps do stable couples use to solve solvable problems? What is the marital paradox? How can a couple determine whether a problem is solvable or perpetual? What five steps do stable couples use to solve solvable problems? What percentage of problems that couples confront are solvable?

7. Explain what makes up the sixth floor of the Sound Marital House. How should couples deal with perpetual problems so that they do not eat away at the relationship? What does Gottman mean by the dream that underlies the conflict? Where do these dreams come from and why are these dreams important? What three steps must couple implement if they are to respect their partner’s dreams?

8. Discuss the characteristics of the seventh floor of the Sound Marital House. What is meant by creating shared meanings? Why is creating shared meanings important?
9. Discuss Imago therapy. What does Hendrix ask couples to agree to at the beginning of Imago therapy? What is the couple’s dialogue and how does this dialogue involve mirroring, validation, and empathy? How does Brown use these to strengthen a positive bond between partners?

10. Explain how the Imago therapist addresses issues of wounding through the use of the parent-child dialogue?

11. Explain how the Behavior Change Request is implemented and used in Imago therapy.

12. Explain why Hendrix believes that one partner needs the very things that the other partner finds hardest to give.

13. Discuss ways the Imago therapist re-romanticizes marriage by focusing on positive appreciation and implementing positive flooding.

14. Briefly state what couples learn to accomplish in Imago therapy.

15. Specify what Davis’ Solution-Oriented approach emphasizes.

16. Discuss each of the seven steps in the Divorce Remedy Approach.

17. Specify the goals therapists attempt to accomplish when the client is the family.

18. Describe the characteristics of healthy families.

19. Briefly state what the author attempts to communicate in the “Endings” portion of this chapter.