

#	<i>Domestic Violence Classes (90 minutes) 10/4/17 by D. Fitzpatrick</i>	DATE
1	Impulsive Thinking-The SecondThought Review, 7 Basic Living Skills Self-Evaluation Quiz, Joke, Relationship Between Impulsive Thinking and Domestic Violence, Victim Thinking Behavior, the 4 Behaviors, PFC & Lizard Brain, "Lizard Brain" (10 minute video), More on the 4 Behaviors, 2 Responses When Provoked, The Experiments, 20 Drills on 2 nd Thought, "John Nash" (13 minute video), Meditation, 5 Discussion Questions.	
2	Handling Conflict Reviews, Handling the Issues of Others, 15 Drills: Answering Others, Joke, Relationship Between Arguing and Domestic Violence, Review of 7 Basic Living Skills, Review of 7 Peaceful Answers, Power of Surrender, Bounce It, Non-Defensive Answer, Timeouts, "Goozfraba" (8 minute video), 10 Steps of Successful Timeouts, Fair Fight Negotiation 1 & 2, Setting Boundaries, 10 Conflict Drill Questions, 3 Stages of Relationships, The Three Floors, Story Corp on Conflict, Meditation, "Worry with Dennis & Bijan" (9 minute video), 5 Discussion Questions.	
3	Fair Fight Negotiation 1 of 3 Reviews, "Timeout Song" (3 minute video), Review of 10 Conflict Drill Questions, Review of Fair Fight Negotiation 1 & 2, Review of Setting Boundaries, Relationship Between Stuffing Issues and Domestic Violence, Joke, Fair Fight Negotiation Triad Instructions, Three Fair Fight Negotiation Practice Issues, Counselor Example of a One Sided Fair Fight Negotiation, "You're the Reason Our Kids Are So Ugly," Difference Between Anger that Sets Boundaries and Raging, Dr. Gabor Maté, MD on the "Roots of Violence" (4 minute video), Worry Self-Evaluation Quiz, Meditation, 5 Discussion Questions.	
4	Cycles & Stereotypes Reviews, Relationship Between Stereotypes and Domestic Violence, Cycle of Violence, Cycle of Violence to Cycle of Love, 3 Screens of Provocative Beliefs, Domestic Violence Statistics, Plan of Control, Male-Female Stereotypes, Cultural & Racial Stereotypes, "Culture Shock" (5 minute video), Joke, Stereotype Self-Evaluation Quiz, "Beauty/Expansiveness" with Wayne Dyer (12 minute video), Meditation, 5 Discussion Questions.	
5	Financial Pressures Reviews, Relationship Between Financial Issues and Domestic Violence, 10 Financial Resources, "Payday Loans" (12 minute video), Joke, Debt & Shopping Self-Evaluation Quiz, 8 Wrong Reasons to Stay, "Multi-Tasking" (1:20 minute video), Research on Multi-Tasking Myth, Multi-Tasking Lowers IQ, Multi-Tasking Lowers Emotional Intelligence, The Family Alone Together, Sherry Turkle, Discussion Questions on Multi-Tasking, "Mind Wandering" (6:21 minute video), Research Data for Mind Wandering, Mind Wandering Review, Meditation, 5 Discussion Questions.	
6	Child Abuse Reviews, Relationship Between Punishment and Domestic Violence, Generational Violence, Strict Parent vs. Nurturing Model, AMA finds spanking hinders discipline, "Stolen Childhood" (14 minute video), Drawbacks of Punishment, Restrictions, Rewards; Boy 8, Kills Himself Fearing Discipline, More Drawbacks of Punishment, Restrictions, Rewards; Joke, Punishment, Restrictions, Rewards of Fair Fight Negotiation; Fair Fight Negotiation With A Child, More Punishment, Restrictions, Rewards of Fair Fight Negotiation; "First Impressions" (13:13 minute video), Helpful Books, Story Corp on "Punishment," Punishment Self-Evaluation Quiz, Meditation, 5 Discussion Questions.	
7	Sexual Abuse Reviews, Relationship Between Sexual Tensions and Domestic Violence, Levels 1,2,3 of Sex Addiction, Level 1 Sex Addiction, "Addiction to Love," Love Definitions, "Aids & Teens" (7 minute video), Joke, Level 1 Sex Self-Evaluation Quiz, "Consent" (3 minute video), Meditation, 5 Discussion Questions.	
8	Addiction Recognition Reviews, Dr. Gabor Maté, MD on "What Is Addiction" (3 minute video), Relationship Between Substance Abuse and Domestic Violence, Alcohol-Drug Use Quiz, Breakdown of 10% Alcoholics, More Alcohol-Drug Use Quiz, More on Alcoholism, Definitions of Substance Abuse, 9 Addiction Denials, 3 Stages of All Addictions, 1-10 Alcohol-Drug-Adult-Teen Quiz, Dr. Gabor Maté, MD on "Is Addiction Genetic?" (7 minute video), Meditation, 5 Discussion Questions. Appendix: 1-20 Alcohol-Drug-Adult-Teen Quiz.	

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9	Addiction Recovery Reviews, Relationship Between Addiction Relapse and Domestic Violence, "Binge Drinking" (8 minute video), 8 Addiction Reasons, Cycle of Recovery, Quality Pictures, The Universal 12 Steps, Joke, 11-20 Alcohol-Drug-Adult-Teen Quiz, "Celebrity Recovery Video" (14 minutes), Meditation, 5 Discussion Questions. Appendix: 1-20 Alcohol-Drug-Adult-Teen Quiz, Explanation of the 12 Steps for a Freethinker.	
10	Controllers & Enablers Reviews, Relationship Between Controlling Behavior and Domestic Violence, Cycle of Codependent Recovery, The Universal 12 Steps-CODA, Joke, Dr. Gabor Maté, MD on "Saying No" (4 minute video), Codependency Self-Evaluation Quiz, "Celebrity Codependent Recovery" (22 minute video), Meditation, Codependent Song, 4 Sick Statements, Healthy Song, 5 Discussion Questions.	
11	Five Basic Genetic Needs Reviews, Relationship Between Enabling Behavior and Domestic Violence, 5 Basic Genetic Needs, "The 5 Basic Genetic Needs in a Role Play" (4 minute video), How to Counsel Yourself & Others, Sick Mate? Quality Pictures, 2 Responses When Provoked, Dr. Gabor Maté, MD on "Violence & Power" (19 minute video), Joke, 10 Hot Topics, Defensiveness Self-Evaluation Quiz, "Did I Shave My Legs For This?" "Self-Love" with Wayne Dyer (6 minute video), Meditation, 5 Discussion Questions.	
12	Creating Healthy Relationships Reviews, Codependent Recovery Test, Other Reviews, Relationship Between Dating and Domestic Violence, Dating Exercises, Dating Questions 1-13, 9 Reasons to Dance, Joke, "Dating" (22 minute video), Sarcasm Self-Evaluation Quiz, Story Corp on "Make New Tracks," Dr. Gabor Maté, MD on "Brain/Gut Connection (5 minute video), Meditation, 5 Discussion Questions.	
13	Fair Fight Negotiation 2 of 3 Reviews, Relationship Between Conflict and Domestic Violence, Review Fair Fight Negotiation 1&2, Fair Fight Negotiation Triad Instructions, Three More Difficult Fair Fight Negotiation Practice Issues, Counselor Example of a One Sided Fair Fight Negotiation, Joke, "Resolving Conflict" with Dennis & Bijan (15 minute video), Negativity Self-Evaluation Quiz, "Every Man I Love Is Either Married, Gay or Dead," "Karma" with Wayne Dyer (6 minute video), Meditation, 5 Discussion Questions.	
14	Self-Evaluation Reviews, Relationship Between Work Disputes and Domestic Violence, How to Counsel Yourself and Others, Management Styles: Boss Management & Lead Management, "SAS Business" (13 minute video on What the Workplace Can Be Like), Joke, How Can I Tell If I Am Mentally Healthy? 20 Self-Evaluation Questions, 20 Right & Wrong Self-Evaluation Questions, "Southwest Airlines" (5:30 minute video), Story Corp "Give Coat Tool!" Internet Self-Evaluation Quiz, Meditation, 5 Discussion Questions.	
15	Conscience Reviews, Relationship Between Inner Peace and Domestic Violence, "Medical Hypnotism" (10 minute video), Meditation1 and 2, Ocean Wave Meditation, Joke, Meditation3, PFC Hand to Forehead Photos, Meditation4, Fear Self-Evaluation Quiz, 10 Funniest Dysfunctional Country Songs, "50 Inmates Meditate" (9:43 video), 5 Discussion Questions.	
16	Jealousy Reviews, Relationship Between Jealousy and Domestic Violence, Jealousy Q&As, "Jealous Man" with Albert Collins, Jealousy Self-Evaluation Quiz, Review of Sick Mate, "Dealing with Jealousy" (4 minute video), Joke, Raging Self-Evaluation Quiz, "Jealous Guy" (4:11 minute video), Meditation, 5 Discussion Questions.	
17	Positive Growth Skills Reviews, Relationship Between Victim Behavior and Domestic Violence, Positive Growth Skills, 3 Positive Growth Skills Charts, Positive Growth Skills Quiz, "Kindness" with Wayne Dyer (14 minute video), Joke, "Warning: Psychiatry Can Be Hazardous To Your Health" (5 minute video), Story Corp on Martin Luther King, Meditation, 5 Discussion Questions.	
18	Other Addictions Reviews, Relationship Between Work Addiction and Domestic Violence, "Work Addiction" (9 minute video), Work Addiction Information, 3 Stages of All Addictions, Work Self-Evaluation Quiz, Joke, Relationship Between Gambling and Domestic Violence, Gambling Addiction Information, Gambling Quotes, Gambling Self-Evaluation Quiz, "Gambling Addiction" (8 minute video), Meditation, 5 Discussion Questions.	

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19	Learning Lessons Reviews, Relationship Between Unlearned Lessons and Domestic Violence, The Seven Stages, "The Seven Stages of Life" Quiz, Joke, "6-10 of the Top 10 Principles of Wayne Dyer" (14 minute video), "I am Not Your Puzzle To Solve," Dr. Gabor Maté, MD on "When the Body Says No" (10:39 minute video), Meditation, 5 Discussion Questions.	
20	Competitiveness Reviews, Relationship Between Competitiveness and Domestic Violence, Reasons to Compete, "The Most Competitive Man In The World" (12 minute video), Bill Gates & Warren Buffet, Victims Compete and Creators Excel, Causes of Daily Death In The World, "Celebrity with UNICEF" (6 minute video), Male Competitor Quiz, Female Competitor Quiz, Joke, Competition Self-Evaluation Quiz, Top 10 "Victim Thinker" Country Songs, Sports/Game Self-Evaluation Quiz, Meditation, 5 Discussion Questions.	
21	Fair Fight Negotiation 3 of 3 Reviews, "Happily Ever After" (9 minute video), Relationship Between The Need To Be Right and Domestic Violence, Review Fair Fight Negotiation 1&2, Fair Fight Negotiation Triad Instructions, Three Very Difficult Fair Fight Negotiation Practice Issues, Counselor Example of a One Sided Fair Fight Negotiation, "I gave her a ring, She gave me the finger," Complaining Self-Evaluation Quiz, Joke, "Openness & Detachment" with Wayne Dyer (7 minute video), Meditation, 5 Discussion Questions.	
22	Conflict Practice Drills Reviews, Relationship Between Intimidation and Domestic Violence, Review of 7 Peaceful Conflicts, 11-20 Conflict Drill Questions, Joke, Top Priorities of Marriage, Love Definition, "No Justified Resentments" with Wayne Dyer (15 minute video), Male Chauvinism Song, Violence Self-Evaluation Quiz, "Can Money Buy Happiness?" (3 minute video), Meditation, 5 Discussion Questions.	
23	Forgiveness & Amends Reviews, Relationship Between Resentment and Domestic Violence, 10 Reasons To Forgive, Forgiveness-3 Steps, Forgiveness Self-Evaluation Quiz, Amends, Story Corp on "Forgiveness," Forgiveness FAQs, "Gandhi" (12 minute video), Joke, Resentment Self-Evaluation Quiz, Violence vs Peace, "The Amish" (3 minute video), Meditation, 5 Discussion Questions.	
24	Grieving Reviews, Relationship Between Grieving and Domestic Violence, Reviews of Forgiveness, Grieving, "The Biehls" (13 minute video), Grieving, Non-Violence, Story Corp on "Grieving" Joke, Depression/Grieving Self-Evaluation Quiz, "Don't Die With Your Music Still In You," (3 minute video), Meditation, 5 Discussion Questions.	
25	Stress Reviews, Relationship Between Stress and Domestic Violence, "Telomeres" (10 minute video), Stress Solutions, Hand on PFC Photos, Stress Self-Evaluation Quiz, Joke, "Meditation in Fairfield, Iowa" (10 minute video), Country Codependent Song on Neediness, Meditation, 5 Discussion Questions.	
26	Tolerance-BrainTypes Reviews, Relationship Between Not Understanding My Mate and Domestic Violence, Brain Type History, Brain Motor Cortex, Introduction to Brain Typing, Identifying Brain Types, Extraversion & Introversion (4:50 minute video), Sensing & Intuitive (3:17 minute video), Thinking & Feeling (4:05 minute video), Judging & Perceiving (2:47 minute video), Female & Male Brain, "Glasser Connection" (0:47 minute video), Family Brain History, DF Brain Type #9, the 16 Brain Types, Your Brain Type, 1-16 Brain Types, Brain Types Teach Tolerance (0:52 minute video), Joke, Meditation, 5 Discussion Questions. Appendix: 20 Question Self-Evaluation Quiz.	