



## NEW BEGINNINGS CO PARENTING NEWSLETTER

FROM DR. KRISTINE TURNER PHD

Close your eyes and think about something that you really enjoy. Spend a couple of moments just hanging out with that feeling. Now close your eyes and think about the last communication you had with the other parent. What feelings come up for you?

According to significant research studies, during times of high stress the nervous system takes as long as three days to settle to a normal state. If there are multiple stressors during each week then the nervous system never gets a chance to reset, the stress becomes chronic and your physiology becomes compromised, causing physical and emotional problems that can further exacerbate the conflict.

So what can you do???

Set boundaries around phone contact. Except for an extreme emergency there is no reason to talk on the phone with the other parent. Most things can be done via email. Even if you're running late, text messaging will get the job done and you don't have to listen to the "blah, blah, blah," of the other party.

Make a decision not to answer the phone when the other parent calls - let it go to voice mail. If you hold your ground, over time the other parent will begin to use text messaging or email. Even in most emergencies this will suffice. You will get the information just as fast from a text or voice message as from answering the phone. Then you can take time to catch you breathe, think about how much and what you want to say, and give that appropriate response, rather than an inappropriate, hasty and reactive answer.

This creates a record of contact that shows who is driving the conflict, and who is resolving the conflict.

It allows you time to reflect on and to correct your communication before pushing the "send" button.

Emails can, and should, be brief and to the point with no commentary. (In "live" conversations this can be hard to achieve because words so easily keep flowing between two parties - it's like constantly pressing the "send" button without filters.)

Emails should only convey important information. This means the communication is restricted to matters of the health, welfare, and interests of your children. This will put you back in the driver's seat of your situation, and provide distance from your former spouse.

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**RESOURCES:**

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Authors who specialize in the field of divorce and have experienced it themselves tell you the best ways to handle the difficult situations you are facing.

[www.divorceadvice360.com](http://www.divorceadvice360.com) OR [www.amazon.com](http://www.amazon.com)

**Mommy and Daddy are Getting Divorced**



Helping Children Cope with Divorce

What to tell them about what is happening to the Family.

[www.divorceadviceforchildren.com](http://www.divorceadviceforchildren.com) OR [www.amazon.com](http://www.amazon.com)



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