



# NEW BEGINNINGS

M E D I A

## **Conflict in Divorce:**

Your new mantra for the conflict is disengage, disengage, breath and disengage some more.

You don't have to do it the way the other parent tells you. Guess what, you aren't with them anymore.

You don't have to answer the phone every time they call.

You don't have to respond to every accusation they make about you.

You don't ever have to have a conversation with them again. In fact you shouldn't have a conversation with them until the conflict has sufficiently and permanently stopped. For some of you this means never.

We live in an age of technology that allows you to stay disengaged yet informed of the necessary information you need about the children. You may need to set boundaries to keep your sanity.

## **When things get tense:**

1. Use text messages in an emergency and email otherwise. This gives you a way to track the communication and goes a long way to take out the "he said she said" component if you should need to present these emails and texts in a court declaration.
2. No face-to-face exchanges of the children. Use school, Daycare, or a third party that is neutral to the situation for exchanges.
3. Reduce the phone calls to the children when they are with the other parent. You would be surprised how disruptive it is to the settling of the children not to mention how aggravating it can be to the other parent. (And it is important to keep the aggravation of the other parent down no matter how much fun it may seem, they hold the key to you getting what you want out of the divorce).
4. Use an online scheduling program to track the schedules and activities of the children as well as the time they are scheduled to spend with each parent. These programs have windows that allow the parents to communicate and the court mediators, judges and attorneys to see that communication as well. ([www.ourfamilywizard.com](http://www.ourfamilywizard.com) is my favorite).

By disengaging in these simple ways you will be surprised at how you start to feel the freedom of your life again, and how you are able to take the children out of the middle of the fight.

**Try this exercise:**

Write down all of the reasons you feel you have to talk to or communicate with the other parent.

For each reason ask yourself why?

Then see if there is a way you can handle the situation yourself without the aid of the other parent.

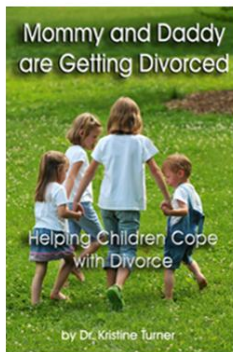
By living in this manner the fight will dissipate naturally because you won't place unrealistic expectations on the other parent. You will have empowered yourself to take care of your children.

Kristine Turner, Ph.D.

[www.NewBeginningsCoParenting.com](http://www.NewBeginningsCoParenting.com)

**RESOURCES:**

"Mommy and Daddy are Getting Divorced" [www.divorceadviceforchildren.com](http://www.divorceadviceforchildren.com)



**Mommy and Daddy  
are Getting Divorced**

**Helping Children Cope with Divorce**

What to tell them about what is happening to their family

To the child of divorce:

Try to express your feelings. Talk to someone you can trust.



Please visit our **Radio Show** "Life after Divorce" at

[www.CastleRockRadio.com](http://www.CastleRockRadio.com)

**Airs Friday's at 11:00am or visit our Archives to preview past shows**