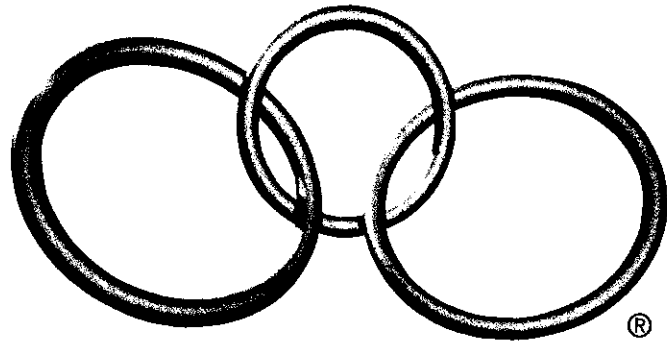


*Cooperative Parenting*TM *& Divorce*



“Shielding Your Child From Conflict”

A Parent Guide to Effective Co-Parenting

Susan Blyth Boyan, M.Ed., L.M.F.T.

Ann Marie Termini, M.S., L.P.C.

ACTIVE 
PARENTINGTM
PUBLISHERS
www.activeparenting.com

Dear Parent,

During the process of divorce, you may be struggling to redefine your relationship with your former spouse as well as helping your child cope with the separation of the family. Your struggle is probably magnified by anger, pain and the lack of knowledge regarding how to support yourself and your child during this trying time. By purchasing this book you have taken the first step in facing the challenges associated with divorce. We commend you for your willingness to meet your challenges head-on and applaud your efforts as you take steps to positively influence the process of divorce for both yourself and your child.

This guide offers valuable information about the process of divorce and practical skills necessary to create a two household family. It not only addresses children's issues associated with divorce, but it focuses on you and your personal struggle to overcome the loss of your marriage. In addition, the eight steps to a healthier post-divorce relationship will help you create a partnership in parenting with your former spouse on your child's behalf. You will discover valuable information about divorce, practical suggestions and effective activities to reinforce new skills.

Throughout this guide, you will be asked to make some difficult changes in your relationship with your former spouse in order to reduce problems for your child. Likewise, you will be challenged to take a "leap of faith" and focus on positive ways to interact with your co-parent. We realize how difficult this may be, particularly for those parents who have been divorced a long time. However, recognizing that parental conflict is detrimental to your child's healthy adjustment, will help you make a commitment to remain child-focused, manage your anger, take control of conflict and negotiate child-friendly agreements.

As you journey through this book, you will soon discover that you have the power to make positive changes that will benefit your child and your long-term relationship with your child's other parent. Although it is ideal for both parents to read and complete the activities, you can however make improvements in your current situation even if the other parent chooses not to join you in your efforts.

When you give your child/ren the gift of a strong co-parent relationship and a healthy two home family, you are truly giving them one of the best gifts a parent can ever give. By following the suggestions in this book, you are dedicating yourself to this important goal. By committing to care, you will give your child the gift of love, continued contact with both parents and a happier childhood. Through you, your child can learn that he or she still has a family with two loving parents.

You may be choosing to read this voluntarily or you may be purchasing it as part of your court order requiring you and the former spouse to participate in the Cooperative Parenting and Divorce Program*. In either case, you have taken an important first step in facing the challenges associated with divorce.

Wishing you strength, courage and patience as you move forward in establishing a cooperative parenting relationship.

Sincerely,

Susan Boyan and Ann Marie Termini

*This parent guide is used in the *Cooperative Parenting and Divorce* program. It is also sold as a stand-alone text. For more information contact Active Parenting Publishers at 1-800-825-0060.



<ul style="list-style-type: none"> ■ Exercises: <ul style="list-style-type: none"> Emotions Log 62 Attachment Scale 64 Marriage Certificate 65 	
4. Make It Better or Keep It Bitter	
Choosing My Personal Path	
Realignment 68	68
Characteristics of a Business Relationship 69	69
Obstacles to Realignment 72	72
Assumptions 72	72
Expectations 73	73
Language 74	74
Refusal to Realign 75	75
"Poor Me" 75	75
Control 75	75
Revenge 76	76
Position vs Interest 76	76
STP-A Technique 78	78
<ul style="list-style-type: none"> ■ Exercises: <ul style="list-style-type: none"> My Business-Like Behaviors 79 Confusion of Mixed Messages 80 Clarifying Boundaries 81 	
5. Neither Fight Nor Take Flight	
Managing My Anger	
Activity: What Is Anger 84	84
Activity: Signs of Anger 85	85
Activity: My First Signs of Anger 86	86
Anger Triggers 87	87
Anger Progression 87	87
Expressions of Anger 89	89
Anger: Helpful or Hurtful 92	92
Constructive Uses of Anger 92	92
Constructive Use of Anger Activity 92	92
Destructive Uses of Anger 93	93
Anger is a Choice 95	95
What to Do to Manage Your Anger 96	96
Beliefs and Thoughts 97	97
Recognizing Beliefs Activity 98	98
Changing Distorted Beliefs 99	99
Escalating Triggers 100	100
Challenging Beliefs 101	101
Anger Dos and Don'ts 102	102
Anger and Children 103	103
<ul style="list-style-type: none"> ■ Exercises: <ul style="list-style-type: none"> Understanding Your Emotions 106 Let's Practice 109 Identifying Current Triggers 110 Learning New Reactions 111 Taking Control of My Anger 112 	

