

Conflict Resolution



I APPRECIATE ALL THE POINTERS ON FIGHTING,
BUT I'D LIKE A FEW ON MAKING UP, NOW, TOO.

“I (**believe/feel**) Statements” : merging Three P’s circumstances for clear communication.

Learning to listen to co-parent or children

Active listening = “I see”

Reflective Listening “you feel sad or happy”

Deep Listening “That could be challenging. How can I help?”

Conflict Resolution for *Co-Parents

Stop arguing

Look for mutual acceptable ways of resolving the problem

Listen without interrupting, for emotion and unstated concerns (don’t change subject)

Learning to negotiate with *Co-Parent

ID Common Goal > agree on “win-win” situation > listen correctly to understand > merge solutions that Provide, Protect and Prepare the child.

*These methods are not recommended for Parallel Parenting, which often should be used when separation first occurs during grieving stage, when relational conflict is high (court proceedings, major life circumstances) or when a parent is unsafe to be involved in children’s lives without outside supervision.