



Parental Alienation

Signs of Parental Alienation

1. Child devalues and denigrates one parent over another; a parent they always had a terrific relationship with.
2. Child has a lack of ambivalence about the way they feel about the targeted parent.
3. Child has frivolous reasons for not wanting to see the targeted parent.
4. Child claims to be an independent thinker and attests that their decision is of the own accord and not of the alienating parent.
5. Child has no guilt for alienating the targeted parent, feeling completely justified for feeling the way they do.
6. Child has automatic support of the alienator; if disrespectful or rude to the targeted parent, the alienating parent will condone and validate.
7. Child parrots and borrows scenarios from the alienating parent that are not age appropriate to that child.
8. Child spreads animosity to people – family and friends of the targeted parent.

Ways to Circumvent Parental Alienation

- ☐ Do not blame your child. If your child is being dismissive and disrespectful to you, remember that the nastiness is coming from their other parent and being channeled through the child. Your child is a victim.
- ☐ Don't take the bait. If your child is being obnoxious, stand your ground. They can speak their mind, but they cannot be disrespectful, use bad language or bully you.
- ☐ Hold yourself above the contention. Don't lower yourself to go tit-for-tat with your spouse.
- ☐ Show that you are different from what your ex claims you are. Rising above the contention will prove that point.
- ☐ If your child has a phone, text them every day at the same time; once in the morning, once in the afternoon and once at night. They will see that you are a consistent source of love who cares about them. Your unwavering communication will negate any nasty remarks that your spouse may have about your desire to communicate with your child. Your spouse will have a hard time convincing your child that you don't love him or her if you keep constant connection. Your child may ignore your attempts of communication, but they will know you are there. No matter how obnoxious and dismissive your child, they know you care.
- ☐ In the scenario that your child chats with you occasionally, never ever say a bad word about the other parent. You don't have to gush over the other parent, but keep it neutral or positive. Children internalize a parent's feelings. Since they are part of both of you, why make them feel completely worthless? Your ex has already done a great job of making them feel bad about themselves. Remember, parental alienation creates anxiety for your child. Don't contribute to it.