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When Tension Ramps Up

When you receive a nasty note that's filled with personal attacks, dredges up past issues, or triggers a strong emotion in you, consider responding with a KIND reply.



Keep it K.I.N.D.

Kid-Centered **Informative** **Nice** **Direct**



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KID-CENTERED

Regardless of what your Ex writes... keep your texts and emails about the kids.

Avoid addressing personal attacks or defending your POV (point of view). It only adds more fuel to the fire.

If you're having trouble sorting out what you need to respond to, I recommend printing out a copy and redline it.

Take out a red pen or marker and cross out everything that doesn't have anything to do with the kids.

Whatever is left is what you respond to.

INFORMATIVE

Take the emotions out of it and focus only on the issue at hand. Offer additional information as needed.

NICE

Again, avoid giving what you get. Think about what it takes to do business with someone you don't get along with very well. How would you react to an angry co-worker?

Use the same level of integrity and professionalism.

DIRECT

Nice doesn't mean you have to be your Ex's doormat. Be sure to maintain your self-respect and set limits when needed.

While it may not feel fair that your Ex gets to randomly send you an unfiltered, disrespectful rant, if you rifle one back... Where does it end?

No matter how your coparent behaves, do your best to keep your communication focused on and about the kids.

**"You don't have to swing at every pitch
your co-parent tosses your way."**



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