

Family Conflict Scenarios

1. Parent A has an affair at the end of the marriage, and later moves in with this person. Parent B does not want children anywhere around the new partner, and also objects to the partner picking the children up and/or babysitting them.
2. Parent A has 50/50 parenting time with Parent B, but rarely exercises the time. Parent B is constantly having to figure out daycare arrangements at the last minute. Parent B is now asking that the children be in her/his home the majority of the time.
3. Parent A and Parent B do exchanges at their residence, but seem always to talk about issues in front of the children. Parent B has requested a neutral location or curbside exchanges.
4. Email communication between parents is often nasty, argumentative and not focused on the children, but on the past relationship. Parent A has refused to answer any emails from Parent B and has now blocked Parent B from the email.
5. Daughter, age 13, is refusing to see her father after he got angry at her for texting her friends late at night. Mother reports she wants daughter to see father, but "cannot force her" to go. Father threatens court action if daughter does not get back on the regular parenting time schedule.

Perspective Taking Questions

1. What is the nature of the conflict from the point of view of the other person?
 2. What is the main objective and why is this so important to the other person?
 3. What is most important for me to understand?
 4. What are some of the weaknesses or drawbacks to my position?
 5. What behaviors really trigger frustration by both parties?
- * * Think about how you want to be seen following the conflict conversation? What kind of an ongoing relationship do you want to have with the other person?