

HANDOUT #1

CROSSROADS OF COPARENTING

From the Child's Point of View

SCENE	FEELING	REASON
OPEN CONFLICT Rachel Video #1		
NEGATIVE TALK Marcus Video #2		
SILENT CONFLICT Juan Video #3		
MESSENGER Juan Video #4		
LOYALTY BIND Marcus Video #5		
BURDENING YOUR CHILD Juan Video #6A		
INTERROGATING YOUR CHILD Sarah Video #7		

"I" Statements

Directions: Convert each of the following examples into an "I" statement. Remember not to say, "I feel as if..." or "I feel that..." You can use more than one feeling word. Remember to make your request very specific.

1. "Are you kidding me! You made plans to take Michelle to the circus on my time and now you expect me to allow her to go. Great, now I will look like the bad guy if I say no! Then I have to deal with her temper tantrum!"

"I feel _____
when _____,
and what I'd like _____."

2. "I don't get it. When you ask me to switch days with you, I do. But when I ask, you always have something going on that day. The kids will miss their grandmother's birthday party. Are you happy now?"

"I feel _____
when _____,
and what I'd like _____."

3. "You are so irresponsible! Sam was expecting you to be at his game like you promised. I guess he can't count on you for anything. But why should he? You were never around for him. You only want to be a parent when it's convenient for you."

"I feel _____
when _____,
and what I'd like _____."

HANDOUT #3

CROSSROADS OF COPARENTING

The 7 Steps of Negotiating Agreements

Step 1. NAME THE PROBLEM

A. Problem: _____

B. Create an "I" Statement:

"I feel/felt _____
when _____,
and what I'd like is _____."

Step 2. REFLECT (Then share your opinion using your "I" statement. Take turns reflecting.)

Step 3. BRAINSTORM SOLUTIONS (Don't evaluate them.)

- a. _____
- b. _____
- c. _____
- d. _____

Step 4. CHOOSE A SOLUTION (Find the best solution for your child.)

Step 5. REVIEW (who does what by when)

Step 6. TAKE ACTION (Agree on a time limit.)

Step 7. RE-EVALUATE

Date _____

Role-play: Review (Who Does What by When)

Directions: Copy this page and cut it into two parts: Robert's Questions and Jackie's Questions. Provide one to each of the volunteers playing Robert and Jackie.

ROBERT'S QUESTIONS

So, Jackie, who is going to schedule time to speak with Sarah's doctor?

(Wait for Jackie's response.)

Who will contact the therapist?

(Wait for Jackie's response.)

Which of us will need to see if our insurance will cover the therapist?

(Wait for Jackie's response.)

How will we split the therapy fees?

(Wait for Jackie's response.)

JACKIE'S QUESTIONS

Robert, do you want me to speak with Sarah, or should we ask her together?

(Wait for Robert's response.)

How will we find a good therapist?

(Wait for Robert's response.)

Who will interview the therapist?

(Wait for Robert's response.)

After her three appointments, will we set a date to reevaluate?

(Wait for Robert's response.)

Final question:

I can send a summary email about these decisions tonight for you to review. Is that OK?