

## TEN POINTS TO CONSIDER

1. I strongly suggest joining our International Online Yahoo support group called PAS-GuardianAngels. It is a closed private group. Once you become a member, you will get a link.
2. I strongly suggest looking into the tools we created that help to show a pattern of behavior using numbers and colors. They are called Red Flag Behaviors and Color Coded Calendar. Also, you might try to get the courts to utilize our parenting plan addendum, 3 Strikes YOU'RE OUT! <https://www.pas-intervention.org/tools.html>
3. At about the age of 10, kids go from concrete reasoning to abstract reasoning. What this means is they go from a horse is a horse because it has a large, furry animal with four legs that runs fast and says Neigh to the question stage asking the why, what, where, when and so on. It is these questions that trigger the flight/fight response in the alienator. And this is when they pour on the alienation. Children with good self-worth and self-esteem do not succumb to alienating tactics so easily if at all. Children that have low self-esteem are much more vulnerable to the PAS tactics. They actually go into a self-protection mode. Improving a child's self-esteem and self-worth helps them to not be taken in and gives them the opportunity to think critically for themselves. They will be less likely to be alienated.
4. When a parent claims that the child does not want to go or they should be allowed to make this decision: Answer:1) If your child broke his wrist and refused to go to the hospital to get it fixed, would you allow him to not go? 2) If your child had a substance abuse problem and needed help for it, would you ignore this and not make him go for treatment? 3) If your child just watched his best friend get murdered, would you just let it go and not get him counseling? 4) If your child was the victim of a violent crime and refused to go to counseling, would you let it slide? 5) If your child tried to kill themselves but refused counseling, would you just let it go? 6) Either the alienator is lying or they are not a very good parent. So, which is it?" This line can be used in court to expose them.
5. "When the Alienator uses the child being uncomfortable (afraid) as an excuse to deny contact or impede, learn to turn it around. Talking with an AP doesn't work, but your posture needs to be "Well, what is being done about the discomfort? Since it's not in his/her best interest to be 'uncomfortable (afraid)' how is this being solved? If I'm really the issue, then let's make sure I'm involved in counseling. Isn't part of a therapist's job to help people deal with their fears?"

or parent's job to help the patient/child deal constructively with discomfort." By Pamela Dean Wright

6. **Building Self-Esteem and Self-Worth:**What can you do to help your child(ren). Build their self-esteem and sense of self-worth. This does not mean praising when he does good in school or out on the soccer field. This means that when he behaves appropriately, you praise him for this. When he makes a good positive statement or responds appropriately in a situation, you praise him. This helps to build his confidence in his own thought and behavior patterns. And he builds trust in his own abilities to think. And this in turn helps him to critically think. So for example, your child says, "I am so mad at Billy, he was so mean to Jennifer. I do not care if he is my best friend. I told him off." Your response, "Wow, I am so proud of you. That took a lot of courage to stand up to your best friend and know right from wrong." What this teaches them is that they do know the difference between right and wrong. That they can think critically and trust that ability to do so.
7. **Teenagers:**As Ron and Sherry Palmer point out, teenagers are too hormonal to make any worthwhile decisions. A pre-teen is better at making important life decisions than them. Or as Linda Gottlieb says and has written, "Children should not drive the visitation bus." They do not have the emotional or mental maturity to understand the gravity of cutting one parent out of their lives. It is why we do not allow them to vote until age 18, or drink to age 21, or rent a car until age 23 or so.
8. **When you are in court** try to not defend yourself all the time. It is only natural to do, but then it becomes tit for tat, the judges just do not want to hear it. Keep trying to turn everything back to the Best Interest of the Child. So for example you might say something like, "We are here for what is in the best interest of the children. How is it in the best interest of the children for us to continue to attack each other and sling mud at each other. I could stand here and defend myself or provide examples of where my ex has done something that I do not agree with, but how is this helping the children? I get that my ex and even I are still filled with anger, hatred and rage at each other. But that is not for the courts to deal with. That is for therapy and a therapist to deal with. We are here for what is in the best interest of the children. And what is in the best interest is for them to not be in the middle and be able to have a relationship with both of their parents. I could go through all the statistics about what happens to children stuck in the middle or made to choose a side with one parent over another, but I believe that the courts already know the tragedy of this. What we need to do here and now is figure out how we can get everyone into counseling with some who specializes in custodial

interference, hostile aggressive parenting and parental alienation, so that we can work through each of our own issues individually and together. Our children are suffering because they are being put in the middle and not allowed to share their lives equally with both parents.”

9. Here is the premise on counseling: PAS is a family problem stemming from one or both parents. Individual counseling is mandatory for the offending parent and even the targeted parent so they can work through their own issues. But it must be with someone who understands and is specifically trained in Custodial Interference, Hostile Aggressive Parenting and Parental Alienation. If the two parents can work through their issues, the child(ren) should NOT need counseling because then the alienation would stop. But if a child is to be in counseling, it is the experts' opinion that the child(ren) should never be in individual counseling as it allows them to believe that their way of thinking and hating is okay. It is better for the child to be in counseling with the parent and then both parents again it must be with someone Custodial Interference, Hostile Aggressive Parenting and Parental Alienation. If the alienation is moderate to severe, Intensive Reunification is the only process that will work and it requires the the targeted/alienated parent to have temporary sole custody and there to be a 90-day no contact with the aggressive parent. This gives the counselor an opportunity to force communication and discussion to clear the air about things. It gives the counselor the ability to give the targeted/alienated parent authority back that has been stripped away by the other parent. The counselor should not be the good cop in the situation but more like the bad cop so that the child learns to trust and rely on the targeted parent for support and information. It is too easy for a counselor to give too much control and too much validation to a child's warped beliefs that have been transferred and projected through them by the other parent.
10. And lastly, but probably one of the most important things: HHSS - Happy Healthy, Successful and Spiritually Positive. Happy is what makes you laugh and feel good inside. Healthy is about taking care you both your mind and body. Success is NOT money but what and where you do or go in your life that makes you feel good about being you. Spirituality is NOT about religion but about believing in yourself. This not something you necessarily have 24/7 but something to strive for. The more HHSS we are, the more likely we are to be around for our kids when they get it. Also, this is exactly what the ex's do not want us to be, i.e. HHSS. It makes them bonkers and crazy because they no longer have control of us. They actually go out of control to get the control back. In addition, people tend to gravitate to those that are HHSS. Think about it, it is very draining to always be around someone who is filled with hatred, angry, and rage as

well as so aggressive. The children get drained and hopefully, will eventually come looking for the parent who is HHSS. But most importantly, we deserve to be HHSS.