

Exercise

This exercise is to identify unresolved issues that are affecting your coparenting experience.

1. Name a conflict you are currently being affected by.
2. Identify how this conflict is similar to conflicts you experienced in the past, particularly during your marriage.
3. Spend some time reflecting on the emotions you feel when you think about this conflict.
4. Describe how you react in the face of these emotions.
5. What outcomes do you achieve by the way you react?