

The #1 thing to do TODAY

If you're co-parenting with someone
who has difficult behaviours
or narcissistic traits.

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The #1 thing you can do **RIGHT NOW** to reduce conflict if you're co-parenting with someone who is difficult or has narcissistic traits is so simple you'll kick yourself for not thinking of it.

If you're separated or divorced and the communication between you and your ex-partner is swallowing you whole, fear not. There is something you can do to make it different, even when you're not the one responsible. In fact, **ESPECIALLY** if you're not the root of the problem.

If it doesn't matter what you say or do, your ex is always dredging up the past or accusing you of doing things or being something you're not, or making irrational demands, this **ONE TIP** is for **YOU!**

Here it is, are you ready??

1. Disengage

Yes, that's it. **STOP.**

Don't reply.

It doesn't matter how wrong the accusation is. If the facts are totally incorrect it won't make a difference if you point that out to them. You know that what they think is 'what they think' and nothing short of re-writing history is going to change their mind – even that probably wouldn't work! Put down your phone and walk away. If you've read the email already just shut down the computer.

Do. Not. Engage.

You know very well that there is nothing you can do to influence or change the behaviour of the other person. You can't make them stop twisting the facts or telling you how terrible \ horrible \ un-child-focussed you are. So don't try.

Save yourself the anxiety, breath, trouble and time and do nothing.

Chances are their responses will ramp up for a while. But over time, they will realise that if you don't reply, you're not going to. If there is nothing you can do about what they're saying, don't bother.

If they've asked you a question, or there is a need to provide a response to specific questions, then do that ONLY. There's a great template you can use if you need to ask an ex-spouse about something. The template is designed to support you to write a succinct email without any personal attachment. You can also use the template to respond to specific questions.

DO NOT fall into the trap of defending yourself. DO NOT be sucked into explaining how something actually occurred or how they're mistaken about the facts of the matter. Let it go! My Dad's favourite saying is "Do you want to be right or do you want to be happy?". If you know there is no way on this earth you're going to be able to convince the other person that they're **WRONG**, then let it go.

Answer the question and get out of there!

If there aren't any questions, you've got three choices:

1. Don't reply at all.
2. Don't reply at all.

3. This reply: "I received your email and will not be responding at this time or at any time into the future."

See that? Option 2 is the same as option 1 because there is only one option. Do not reply.

You could always choose option 3, but hey, if you reply it doesn't matter what is actually contained in the response, it will always elicit a counter-response. Even option 3 is an invitation for them to write back to you.

Go with option 1 in every instance that you possibly can.

Remember, if you want to reduce the amount of abuse that comes your way, or you want to eliminate the ongoing emails back and forth, back and forth, stop replying!

Just STOP. Cold Turkey. No slow withdrawals. No careful and considerate commencement of reducing your response.

Just STOP. Disengage. Walk away from the email or text and STOP.

PS. There is ONE exception to this rule (as there always is). If you are dealing with an over communicator or someone who needs a response to what they deem very important communication,

The #1 tip will exacerbate the conflict. If this is your situation, ignore everything that comes from the over-communicator unless it is urgent or important. In that case, you'll need to refer to tip #2 – *How to Deal with an OVER communicator...*

While the #1 tip - Disengage - will start making your co-parenting life easier, it's not a magic bullet. It won't fix all the problems in your co-parenting dynamic.

So this is the place where I am supposed to make an offer for you to buy something from me. Marketing psychology predicts that if you spend a small amount now, over time, after lots of emails, you'll then go on to buy more and spend more.

Getting you to buy something small now means you're on your way to trusting me to be able to help you. But I don't want to do that, because here's the thing.

Any small thing I sell you now won't be enough to truly change things for you. I could sell you a dozen different things - from a short course to another e-book or a 5-day challenge. I have all these products, and they will all start you to see that life doesn't have to be like it is now.

But none of them actually changes your life. You do that. And you do it when you have ALL the tools you need.

You'll receive some information to add to your arsenal, another stepping stone on the path to making your co-parenting with someone who has difficult behaviours or narcissistic traits easier.

But I don't want that for you. I don't want your co-parenting to just be easier. I want you to have the CHANGE you're seeking.

The way the marketers tell us to do it, to create trust and build our audience, YOU end up taking months and months to reach a point where you're ready to buy and are ready for change. And that is a looong journey.

Change is scary. How things are now is horrible, but you're used to it, it's familiar, you know what's going to happen. It's better the devil you know, right?

So go [here](#) to find out all about me, read all my blogs, listen to the [podcast](#) - these are all FREE resources.

Buy my books if you want (I love making book sales!). I have three books in my arsenal now - Divorce Rules, Stop Fighting Today, and The 10 Commandments of Co-Parenting (soon to be released).

Once you've read and listened and you're ready for CHANGE, when you're ready for a roadmap that shows you exactly what to do and how to do it, ready to step into your power and out of the shadow and control of your children's other parent, go [here](#).

My flagship group coaching program is not free. It's not even cheap. But it does change lives. Because of that, it's called CHANGE.

CHANGE is a step-by-step program that leads you from where you are right now, to the co-parenting place you want to be, with the support of a group of other parents struggling with similar problems.

It doesn't matter if the problem is communication, or you want the criticism to stop. If they're in your face about everything you do, CHANGE gives you the power to make things different.

**Stop banging your
head on the wall and
living co-parenting
groundhog day.**

*Join the
CHANGE program
today!*