

## Truth or Consequences

### Ways I Create a Loyalty Bind for My Child

DIRECTIONS: Read the following statements and identify ALL the behaviors you have chosen. Remember, children experience a loyalty bind whenever they are placed in the middle of their parents' conflicts. This will make them feel uncomfortable loving both of you. Put an X in a box that indicates a behavior you have exhibited in the past, but no longer do. Circle a box that indicates behaviors you are currently choosing to do that hurt your child.

<i>I make negative comments about the other parent.</i>	<i>I use negative body language or tone when referring to my child's other parent.</i>	<i>I allow relatives or friends to make negative comments when my child can overhear.</i>	<i>I ignore my child's presence while arguing with the other parent.</i>	<i>I discuss the character defects of the other parent when my child can overhear. This includes sharing information that will cause my child to see their other parent in a negative light. (Affair, drug problem)</i>
<i>I stress to my children how much I miss them when they are with their other parent.</i>	<i>I ask my child questions about the visit with the other parent. I also ask questions about the other parent, their relatives, or someone my child cares for.</i>	<i>I discuss child support or the lack of money with my child.</i>	<i>I discuss legal or other adult information with my child.</i>	<i>I ask my child to do things that might feel like spying.</i>
<i>I ask my child to keep secrets that might feel like spying.</i>	<i>I blame the other parent for our divorce or any other circumstances.</i>	<i>I refuse to allow the other parent to step into our home. I will not let my child bring his other parent in our home to see their room or into the backyard to see the new swing set.</i>	<i>At our child's activities, I refuse to sit on the same row with the other parent.</i>	<i>I refuse to let my child take important items to their other home to show their other parent.</i>
<i>I imply that I am the better parent.</i>	<i>I make my child think I am a victim because of the actions of the other parent.</i>	<i>I send child support checks, letters, or verbal messages through my child.</i>	<i>I make my child feel responsible for my emotional needs. I let my child take care of me.</i>	<i>I imply that my child is not safe in some way when they are with their other parent.</i>
<i>I refuse to let my child sit with their other parent at joint activities when they have come with me to the activity.</i>	<i>I block my child's contact with the other parent (calls, visits) or use screening methods to avoid their calls.</i>	<i>I remind my child that they can choose to live with me when they reach the legal age.</i>	<i>I say negative things about someone my child cares for.</i>	<i>I refuse to speak or make eye contact with the other parent.</i>