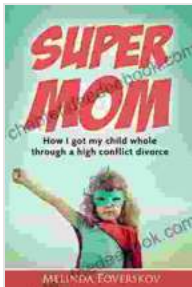


# How I Got My Child Whole Through High Conflict Divorce

Divorce is never easy, but it can be especially difficult when there is a high level of conflict between the parents. When this happens, it can be difficult to keep the child's best interests at heart, as the parents are often consumed by their own anger and bitterness.

I know this firsthand. My ex-husband and I divorced when our child was just two years old. The divorce was acrimonious, and we spent the next several years fighting over everything from custody to child support. During this time, our child was caught in the middle, and it was heartbreaking to see how much he was suffering.



## SUPER MOM: How I got my child whole through a high conflict divorce.

★★★★★ 5 out of 5

Language	: English
File size	: 1685 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 20 pages
Lending	: Enabled
Screen Reader	: Supported



I knew that I had to find a way to end the conflict and put my child first. It wasn't easy, but I eventually found a way to do it. Here are some of the

things that I learned along the way:

### **1. Put your child first**

This is the most important thing to remember. No matter what your differences with your ex-spouse are, you need to put your child's needs first. This means making decisions that are in their best interests, even if it's not what you want.

### **2. Be willing to compromise**

In order to resolve a high conflict divorce, you need to be willing to compromise. This doesn't mean giving up on what you believe in, but it does mean being willing to find a solution that works for both you and your ex-spouse.

### **3. Get help from a therapist or mediator**

If you're struggling to resolve your conflict on your own, it may be helpful to get help from a therapist or mediator. A therapist can help you to understand your own emotions and needs, and a mediator can help you to facilitate communication between you and your ex-spouse.

### **4. Don't give up**

Resolving a high conflict divorce takes time and effort. There will be setbacks along the way, but don't give up. If you keep working at it, you will eventually find a way to resolve your conflict and put your child first.

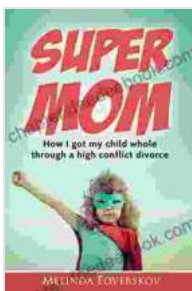
I know that it's possible to get through a high conflict divorce and come out the other side stronger than ever. If you're struggling, please know that

you're not alone. There are resources available to help you, and you can find a way to resolve your conflict and put your child first.

### **Here are some additional tips that may be helpful:**

- Focus on the positive aspects of your child's relationship with each parent.
- Avoid talking negatively about your ex-spouse in front of your child.
- Be respectful of your ex-spouse's parenting decisions, even if you don't agree with them.
- Make an effort to communicate with your ex-spouse in a civil and constructive manner.
- Put your differences aside and work together to make decisions that are in your child's best interests.

Remember, you are both parents, and you both love your child. Work together to put your child first, and you will both be better off in the long run.



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