



# Make a Decision & Take Action

ACTIVE CONFLICT RESOLUTION: LESSON 4



Focus as objectively as  
possible on your child's best  
interests: their safety, stability  
and happiness

Remove your *pride and hurt*  
*feelings* from the situation





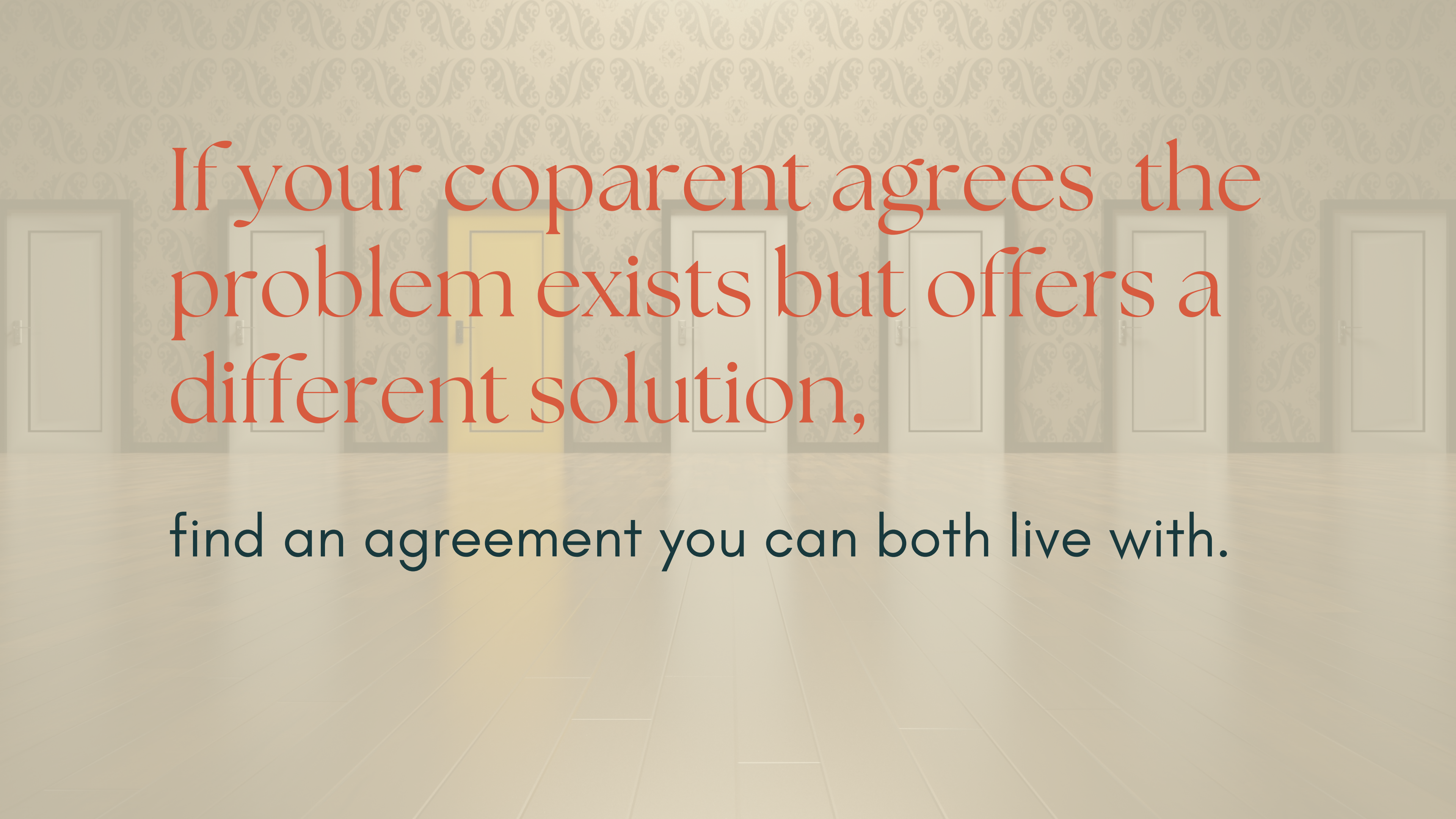
If your  
coparent  
agreed  
with your  
request,

... take the  
victory and  
move on.



Your goal is not to receive  
validation from your coparent,  
but to work together in your  
child's best interest



A hallway with patterned wallpaper and a row of doors. The wallpaper has a repeating floral or damask pattern in a light beige color. The floor is made of light-colored wooden planks. A row of white doors is visible, with the central door highlighted in a bright yellow color. The text is overlaid on the image.

If your coparent agrees the  
problem exists but offers a  
different solution,

find an agreement you can both live with.



*Thank your coparent* for good  
faith proposals, even if you do  
not agree with them



The key is to reach outcomes  
which require your child to give  
up as little as possible





Coparenting well means planning ahead to avoid the rain or have more than one umbrella available

Coparent concerns about  
"fairness" in a situation is often a  
signal that *they feel*  
*disrespected* as a coparent



One or both coparents feeling  
disrespected is a sure sign of  
increasing conflict



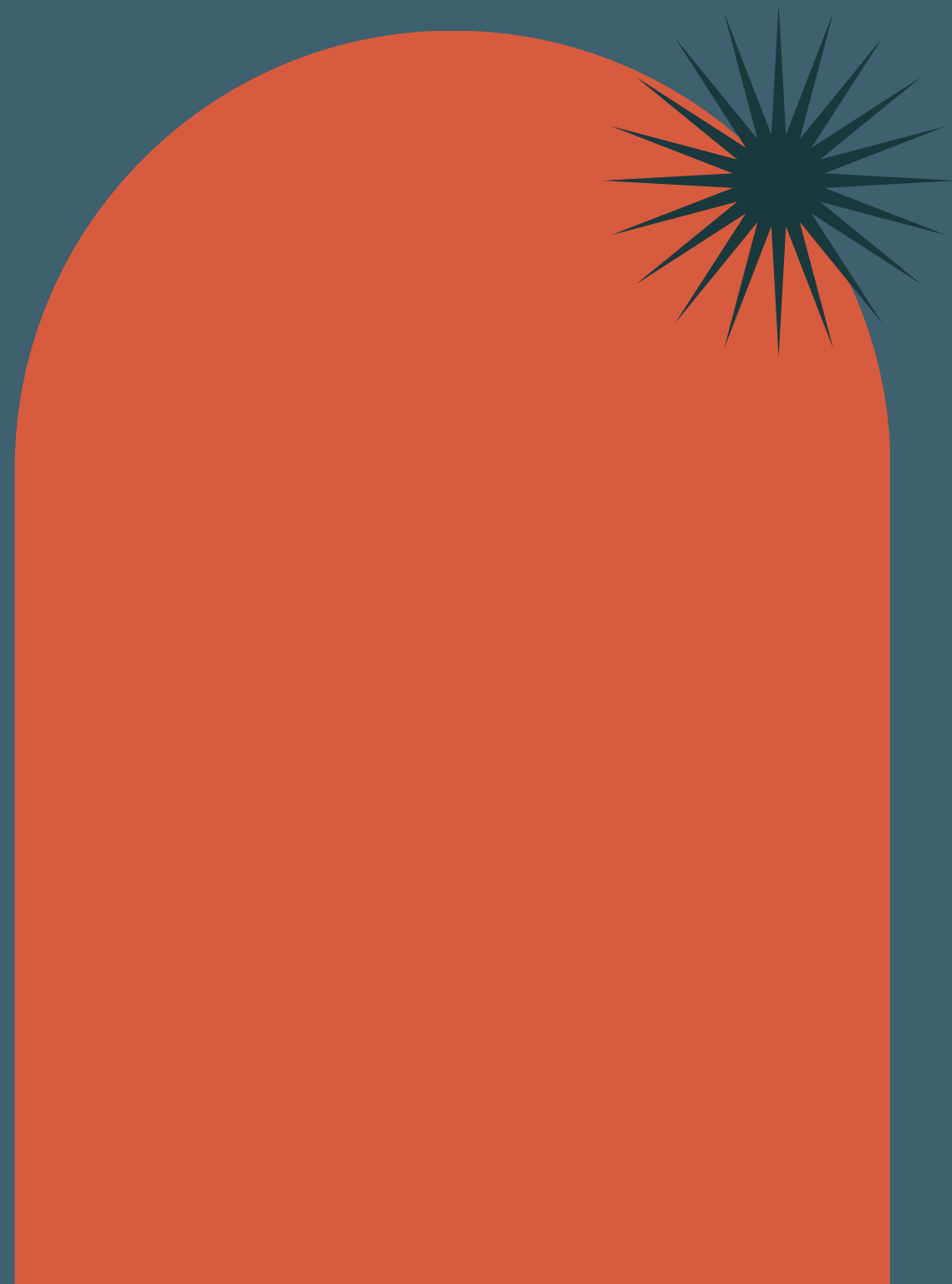


If you  
simply  
cannot  
agree

... it's time to seek  
help or return to  
court

Be realistic about the **costs of litigation** and how many issues are truly worth the money you'll spend to "win"





**coparent**  
ACADEMY

[coparentacademy.com](http://coparentacademy.com)