

# Avoid Unnecessary Conflict

When you've reached your limits emotionally and psychologically due to repeated arguments with your Coparent, how does your stress or anger affect your children?

---

---

---

At such times do you honestly believe you are as affectionate with your children as they need you to be?

---

---

---

What do you think your children would tell a counselor about the conflict between their parents?

---

---

---

In what ways are your children being adversely effected academically, psychologically, and/or physiologically by the conflict with your Coparent?

---

---

---

What conflict management lessons are your children learning from you and your Coparent that they can apply in future romantic relationships?

---

---

---