

# Truth or Consequences

## Ways I Create a Loyalty Bind for my Child(ren)



**Directions:** It is time to take the lead and *own up to the truth* about your behaviors. Read the following and identify ALL the behaviors you have chosen to act out. Remember that children experience a loyalty bind whenever they are placed in the middle of their parents' conflict. This will make them feel uncomfortable loving both of you.

- Put an X on the number that indicates a behavior you have exhibited in the past, but you no longer do.

- Circle the number that indicates those behaviors you are currently choosing to do that hurt your child.

1. I make negative comments about the other parent.
2. I use negative body language or tone when referring to my child's other parent.
3. I allow relatives or friends to make negative comments when my child can overhear.
4. I ignore my child's presence while arguing with the other parent.
5. I discuss the character defects of the other parent when my child can overhear.
6. I stress to my child how much I miss them when they are with their other parent.
7. I say a negative thing or things about someone my child cares for.
8. I discuss child support or the lack of money with my child.
9. I ask my child to do things or keep secrets that might feel like spying.
10. I refuse to let my child take important items to her other home to show the other parent.
11. I imply that I am better than the other parent.
12. I send child support checks, letters, or verbal messages through my child.
13. I make my child feel responsible for my emotional needs. I let my child take care of me.
14. I imply that my child is not safe in some way when she is with the other parent.
15. I block my child's contact with the other parent (phone calls, visits, etc.) or use screening methods to avoid their calls.