

20 Indicators of High Conflict Divorce



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Are you in a **HIGH CONFLICT DIVORCE**? Are you frustrated in trying to make **post-divorce parenting** work? Take a look and see which indicators apply to your situation.

- One of the **parents refuses to reach a child sharing agreement(s)** within the FCS meeting time allotted; and the FCS counselor believes they will be unable to reach an agreement even with additional time with the FCS counselor.
- One of the parents has filed for a **restraining order** alleging domestic violence, including stalking, harassment, threats and physical altercations.
- One of the parents reacts at the FCS meeting by **displaying emotions**, such as being **extremely frightened, angry, hysterical, or "showing" anxiety**. Or one of the parents **attacks the other with criticism**.
- One of the parents reacts like the **other parent is victimizing** them.
- One of the parents seems to be **deliberately provoking** the other parent into reacting.
- One of the parents **complains that they feel threatened** by the other parent.
- Either parent **alleges drugs**, including prescription or street drugs, **alcohol abuse, gambling, or pornography**.
- Either **parent alleges criminal behavior** or possesses a criminal record.
- Either parent accuses the other parent of being **unstable, crazy, erratic, irrationally, moody, emotionally disturbed** or **alleges such behavior as indicative of a personality problem or disorder**.
- One of the parents accuses the other parent of **lying**.
- One of the parents **accuses the other parent of being neglectful, damaging, absent, controlling, abusive, enmeshed** or overly involved.
- There has **been involvement by CPS** with the parents (or any professional) who has been called upon to assist the family with issues related to the welfare and/or safety of the children.
- Minor's counsel has been assigned** to the case (or is recommended) to provide the children a voice.
- One or both parents **argue that they have been the primary parent before the breakup** or they insist they should be the primary parent now, refusing to agree to a parenting plan that incorporates both parents' schedules providing for access to the children.
- The parents argue over child sharing percentages** that do not appear to be based upon valid concerns. One parent complains that the other parent has not been involved with the children until now, insists upon imbalanced amounts of time, or communicates to FCS that they would be happy to keep the children away from the other parent.
- The parents' stories about **child sharing concerns or parenting concerns do not match up with the other parent's concerns**. It is a "he said/she said" argument, making it difficult to determine who is telling the truth.
- One or both of the **parents complains about the safety and well-being of the children** while in the other parent's care, whether the complaint is legitimate or not.
- The case has earned a **negative reputation with the courts because of continuous and/or frivolous litigation**, as well as frequent changes in attorneys/pro per representation.
- Excessive court filings**, or the parents have attended several FCS appointments and continue to argue about basic child sharing issues or custody.
- Refusal to follow the court orders.** (**Note:** FCS = Family Court Services; CPS = Child Protective Services)

Contact Debra now 1-800-743-1973 or info@relationshipsthatmatter.com