

HOW TO CREATE A

# Breakthrough with Your Alienated Child

...without the alienator even knowing it.

**WORKSHEETS**

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# The Hard Way

## (What My Dad & YOU are Dealing With)

- Thinking you need regular contact to influence them, **which is not true.**
- Hoping the courtsystem will finally help your situation, **which it never does.**
- Thinking words and actions **have a chance of helping the relationship**, instead it only makes it worse.
- The rollercoaster of anything but them demoralized and sad making it too painful to stay positive and keep trying.
- Knowing anything nice will be turned into something negative by the alienator...**which is true.**

- **Secret #1: Your Kids Actually Want to to be accepted \_\_\_\_\_, You Have more control \_\_\_\_\_ Than You Think.**

# Why Children Don't Respond Positively (Or At All)...

- They are being watched by the alienator.
- They Know it is UNACCEPTABLE to love or be positive about you.
- Reacting positively makes them feel disloyal, which destroys their comfort and stability. (AKA. Creates a living hell.)
- Self preservation. They HAVE to convince themselves the lies are true to make it bearable to not have you in their life.

# Change What You THINK is Happening

- Your Child is like a prisoner
- Act as Though it is ONLY possible for one way communication
- Disregard Their bad reaction as Being Influenced and watched by the guards.
- Attribute their lack of response as an Inability to “Get to you”

# You Have MORE Control Than You Think!

- YOU Are Their Only lifeline.
- YOU can give them compassion, care.
- YOU can subtly make them think differently.
- YOU give them acceptance.
- YOU can fill a void.

**...Even if they can't say it, answer it, or return it.**

- **Secret #2: The Most Effective Words Have nothing to DO with missing or loving them.**

# Big Myth About “What to Say”

- **Saying, “I miss you”** will endear you.
- **Tell them, “I love you”** is enough to change things.
- **Reminding them “how long it’s been”** will not help.
- **Telling them what they’ve heard “isn’t true”** will snap them out of it.



# FOCUS ON 3 Approaches

- Memory/object **Identification**
- **Reverse** their expectation; be the opposite be cool and laid back; say something nice about the alienator
- **All About** them, talk about event, milestone

**\*Model that communication can be** safe

- **Secret #3: You Only Need ONE**  
opportunity \_\_\_\_\_ **to Create a**  
**Breakthrough...and the Alienator**  
will not notice \_\_\_\_\_ **It.**

# Order to Follow...

- **Focus on** one channel **(Electronically or In-Real-Life)**
- **Pick ONE** communication approach see page before
- **Choose Something with the** biggest impact and the least drama
- empathize **with Their Feelings and Emotions**  
**Before** crafting communication
- **Set Your** expectation realistic **Given the Situation**
- **DON'T Respond** too hastily, no matter what
- **Consistency and** repetition

# Here's WHY The Alienator Doesn't See the Breakthrough...

- **They believe** memories, good times do not matter **to the child.**  
**They are wrong.**
- **The underestimate the** piercing power of this type of communication.  
**They are wrong.**
- **They disregard your** efforts as they believe is has no lasting impact.  
**They are wrong.**
- **The child has been trained** \_\_\_\_\_.  
**They are wrong.**