

10 Signs of Parental Alienation

Parental alienation describes a process through which a child becomes estranged from a parent as the result of the psychological manipulation of another parent. The child's estrangement may manifest itself as fear, disrespect or hostility toward the parent, and may extend to additional relatives or parties. The child's estrangement is disproportionate to any acts or conduct attributable to the alienated parent. Parental alienation can occur in any family unit but is believed to occur most often within the context of family separation, particularly when legal proceedings are involved, although the participation of professionals such as lawyers, judges and psychologists may also contribute to conflict. Source Wikipedia

Parental alienation is abusive to strained relationships between you and your children.

Here are ten signs of parental alienation.

- 1. Your Former Spouse Shares Negative Details About You of Your Divorce**
- 2. Your Spouse Creates False Allegations of Domestic Violence Against You**
- 3. Your Former Spouse Speaks Negative About You in Front of Your Children**
- 4. Your Former Spouse Uses Inappropriate Gestures and Negative Body Language**
- 5. Your Children Act Disobedient or Angry with You**
- 6. Your Children Feel Guilty with You**
- 7. Your Former Spouse “Snoops” Personal Information**
- 8. Your Former Spouse Refuses the Other Parents Rights.**
- 9. Your Former Spouse Does Not Enforce Custody Visitation**
- 10. Your Former Spouse Puts Your Child in The Middle**

If you are experiencing any of the signs above, or if your former spouse asks your children to choose between two parents, this puts your children in distress, and as a result, children experience resentment towards you.

Parental alienation is a damaging reality for countless divorced parents, but there is help. If you believe your former spouse is alienating you from your children, act now and speak to your lawyer as soon as possible.