



LIFE CHANGE & TRANSITIONS LLC

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Specializing in Marriage Reconciliation, Separation and/or Divorce

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REUNIFICATION COACHING

BACKGROUND

I wish there wasn't a need for this type of Coaching at all! Unfortunately, in our times, it seems like the family is under constant attack. We are in an era of Individualism where many people believe that it is imperative that they adopt a "me first" attitude in dealing with what they perceive as toxic family members.

If they feel the relationship isn't serving them, their line of defense is that they need to sever that relationship. While it is extremely necessary to protect oneself from a relationship that is harmful, learning how to navigate a difficult relationship with a family member is something that can be tried first and is usually a skill, unfortunately, most people don't possess.

While I agree that knowing when to walk away from a relationship that is unmanageable is sometimes a form of self-preservation, harnessing skills within us to learn how to communicate to others...behaviors we will not tolerate, is a goal most people can achieve.

Most people find that walking away seems easier, or is most often, the easy way out. We tell ourselves it is the other person, and maybe it is, but without knowing how to have the conversation, how do we really know whose fault it is, or if it can be resolved?

Estrangement takes many forms. Some people just can't speak to their loved ones at all, it seems without a disagreement. Other people have not talked to family members for years, sometimes decades. Divorce compounds this issue, especially where the children are involved. Children in intact homes do not have the luxury of going somewhere else to live when they don't agree with one of their parents. But give a child a choice and if the relationship with one parent is not good, is too strict, or if freedoms are limited, that child will very often cut ties and live with the other parent.

Parent alienation is also rampant, even though almost every divorce agreement bounds both parties to commit to not engage in these behaviors. It is virtually impossible to avoid for most people and unknowingly, or worse knowingly, parents pit their children against one another and estrangement occurs.

If you think you will not or have not alienated your child from their other parent, think again. The list of behaviors and actions is in the hundreds and if you are emotionally intelligent, you know you have engaged or will engage in these behaviors. It is human nature. Some of them are so innocent, you don't even know they are alienating your child from their other parent.

IF THIS HASN'T HAPPENED TO YOU YET, YOU MAY WANT TO DO SOME OF THIS COACHING TO KNOW WHAT TO AVOID.

IF IT HAS HAPPENED TO YOU, THEN YOU DEFINITELY NEED THIS COACHING, SO YOU CAN START THE PROCESS OF REUNIFYING WITH YOUR CHILD!