

THE EFFECT OF ESTRANGEMENT ON SIBLINGS AND OTHERS

A Webinar With Dr. Joshua Coleman

STUDY GUIDE

Why do estranged children sometimes cut off everyone instead of just the parents?

Why are these same children more vulnerable to cults or a troubled or domineering SIL or DIL?

What are some important principles to keep in mind when speaking to your non-estranged child or family members about the estranged child?

How much should you reveal your own suffering to your non-estranged child?

What are some good responses to their feelings of hurt or anger?

Why is showing compassion for the estranged child in your discussions with the non-estranged children so important?

What are some ways to talk about that?

What are some good responses to the non-estranged child if they say that the estranged child is trying to convince them that they too were mistreated by the parents?

How do you respond to their questions if there were things about your parenting that you regret?

Why is it sometimes useful to ask the non-estranged child if he or she has similar complaints to the estranged child?

Is it ever a good idea to have the non-estranged child reach out to the estranged child on your behalf?

If not, why not?

How about other family members or close friends?

Should you forbid other family members to attend events from which you were excluded such as birthdays, weddings, or holidays?

If you didn't forbid it, what might they say that could be useful?

What should you tell a family member whom you don't trust who's still in contact with your estranged child?

NOTES

This image shows a full page of blank handwriting practice paper. It features approximately 28 evenly spaced horizontal black lines across the entire page, providing a guide for letter height and placement. The background is plain white, and there are no margins, text, or other markings present.
