

ALIENATION WARNING SIGNS

WHAT TO LOOK FOR IN CHILDREN OF DIVORCE

1

Denigration of the targeted parent:

The child starts to speak about the targeted parent in a consistently negative way, often using adult language or phrases that seem to be parroted.

2

"Independent thinker" phenomenon:

The child strongly asserts that their negative thoughts about the targeted parent are their own ideas, not influenced by anyone else.

3

Absence of guilt:

The child shows no guilt or remorse for treating the targeted parent poorly or for exploiting them.

4

Weak reasons for rejection:

The child provides weak, frivolous, or absurd reasons for not wanting to spend time with the targeted parent.

5

Reflexive support for the alienating parent: The child automatically takes the alienating parent's side in any conflict or disagreement.

6

Lack of emotional ambivalence:

The child expresses only positive feelings toward the alienating parent and only negative feelings toward the targeted parent.

7

Inconsistent behavior:

The child may act differently when alone with the targeted parent compared to when in the presence of the alienating parent.

8

Extreme reactions:

The child shows extreme or disproportionate emotional reactions when it's time to transition to the targeted parent's care.

9

Rejection of extended family: The child begins to reject not just the targeted parent, but also that parent's extended family, even if they previously had good relationships.