

# Quick Assessment for Negative Parenting Dynamics



## Parental Alienation

Assessment Area	Specific Behaviors/incidents
Direct Denigration	Constantly criticizing and belittling the other parent in front of the child. Making unfounded accusations of abuse or neglect against the other parent.
Manipulation of Reality	Telling the child false or exaggerated stories about the other parent's behavior. Encouraging the child to view normal parenting disagreements as major issues.
Limiting Contact	Preventing or interfering with the other parent's visitation or communication with the child. Scheduling activities during the other parent's visitation time to reduce their contact.
Inducing Guilt and Fear	Making the child feel guilty for spending time with or loving the other parent. Suggesting that the child will be in danger or unloved if they continue a relationship with the other parent.
Creating Dependence	Overly involving the child in the alienating parent's life and problems, making them dependent on their approval and support. Rewarding the child for rejecting the other parent with attention, gifts, or privileges.

## Parental Sabotage

Assessment Area	Specific Behaviors/incidents
Interfering with Communication	Blocking phone calls, emails, or other forms of communication between the child and the other parent. Monitoring and controlling any communication that does take place.

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## Parental Sabotage (continued...)

Assessment Area	Specific Behaviors/incidents
Disrupting Plans	Intentionally planning events or activities that conflict with the other parent's scheduled time with the child. Cancelling or changing agreed visitation plans at the last minute without valid reason.
Undermining Authority	Encouraging the child to ignore or disobey the other parent's rules or instructions. Refusing to support the other parent's decisions or discipline in front of the child.
Negative Influence	Encouraging the child to develop negative opinions or attitudes towards the other parent. Associating the other parent with negative traits or outcomes, such as blaming them for any family issues.

## Parental Estrangement

Assessment Area	Specific Behaviors/incidents
Previous Abuse or Neglect	History of physical, emotional, or sexual abuse by the estranged parent. Neglect of the child's basic needs, such as food, shelter, or emotional support.
Inconsistent Presence	Long periods of absence or inconsistent involvement in the child's life. Breaking promises or failing to show up for scheduled visits or important events.
Harmful Behaviors	Engaging in harmful behaviors such as substance abuse, criminal activity, or violent behavior. Exposing the child to dangerous or unhealthy environments.

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## Parental Estrangement (continued...)

Assessment Area	Specific Behaviors/incidents
Lack of Support	Failing to provide emotional support, validation, or affection to the child. Demonstrating indifference or lack of interest in the child's life and activities.

## Restrictive Gatekeeping

Assessment Area	Specific Behaviors/incidents
Limiting Access	Setting strict and often unnecessary conditions for the other parent's visitation. Monitoring and restricting the other parent's time with the child.
Overly Critical	Constantly criticizing the other parent's parenting style, decisions, or abilities. Using minor incidents as justification for restricting access.
Enforcing Boundaries	Enforcing rigid boundaries that limit the other parent's involvement in everyday activities and decisions. Refusing to accommodate reasonable requests for changes in visitation schedules.
Influencing Perceptions	Sharing negative opinions or exaggerated concerns about the other parent with the child. Highlighting the other parent's flaws or past mistakes to justify restrictive measures.

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## Protective Parenting (with Alienation)

Assessment Area	Specific Behaviors/incidents
Overprotection	Excessively sheltering the child from the other parent based on perceived threats. Limiting the child's exposure to normal experiences or interactions with the other parent.
Projecting Fear	Projecting their own fears or anxieties about the other parent onto the child. Reinforcing the idea that the other parent is dangerous or harmful.
Justifying Restrictions	Justifying restrictive measures based on past incidents, even if the situation has changed or improved. Using worst-case scenarios to rationalize limiting the other parent's involvement.
Seeking Support	Involving friends, family, or professionals to support their perspective and validate their concerns. Creating an environment where the child feels that they must agree with the protective parent's views to be safe.

## Counter-Productive Parenting (with Alienation)

Assessment Area	Specific Behaviors/incidents
Inconsistent Discipline	Using inconsistent or overly harsh discipline, creating confusion and resentment. Failing to follow through on consequences, leading to a lack of respect for authority.

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## Counter-Productive Parenting (continued...)

Assessment Area	Specific Behaviors/incidents
Conflict Exposure	Exposing the child to ongoing conflict and disputes between parents. Using the child as a confidant or mediator in parental conflicts.
Emotional Manipulation	Using guilt, shame, or emotional manipulation to control the child's behavior. Making the child feel responsible for the parent's emotional well-being.
Unintentional Alienation	Engaging in behaviors that unintentionally turn the child against the other parent. Making offhand negative comments about the other parent without realizing their impact.
Lack of Boundaries	Failing to establish clear boundaries between adult issues and the child's concerns. Allowing the child to become involved in decisions and conflicts that should be handled by adults.