



## Co-parenting with a Toxic Ex: What to Do When Your Ex-Spouse Tries to Turn the Kids Against You

By Amy J. L. Baker PhD, Paul R Fine LCSW

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***You aren't what you think!*** For teens with negative thinking habits, a licensed psychologist and a health journalist offer cognitive restructuring—a simple and effective cognitive behavioral approach to help you break free from the nine most common negative thinking habits that typically result in feeling sad, worried, angry, and stressed.

This workbook offers a powerful technique called *cognitive restructuring* to help you reframe your thoughts, regulate your emotions, become a more flexible thinker, and stop letting your thoughts define who you are and how you feel. You'll learn to target the nine specific kinds of negative thinking habits that can cause you to worry or feel bad, such as the *I can't* habit, the *doom and gloom* habit, the *all or nothing* habit, the *jumping to conclusions* habit, and more!

Each chapter will walk you through simple explanations of each kind of negative thought, and offers real-life examples—as well as the sorts of behaviors, emotions, and bodily sensations that might be expected. You'll also gain an understanding of unhelpful or unrealistic thoughts, how to challenge them, how to replace them with more realistic and helpful thoughts, and an action plan for moving forward.

By recognizing these negative thinking habits, you'll feel more in control and less anxious and sad. Most importantly, you'll be able to see yourself and the world more clearly. Your thoughts don't have to define who you are and how you experience life. The transdiagnostic approach in this book will show you how to kick negative thinking habits to the curb for good!

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### Editorial Review

#### Review

“In recent years, the study of parental alienation has become an enormously complex topic addressed in hundreds of books, scholarly chapters, and papers in academic journals. A parent who finds herself or himself alienated from a previously loving child may quickly feel overwhelmed by the vast amount of professional and amateur advice that is available. Amy J. L. Baker and Paul R. Fine have found a way to help alienated parents quickly—by focusing on five specific strategies by which a former spouse may cause parental alienation.”

—**William Bernet, MD**, professor emeritus at Vanderbilt University School of Medicine, Nashville, TN

“This book provides the reader with much needed support as well as specific and helpful advice about how to parent a child who is involved in his parent’s conflict. Every child deserves to love and be loved by both parents, and this book will help targeted parents achieve that goal.”

—**Jason Patric**, actor, targeted father, and founder of *Stand Up for Gus*

“*Co-parenting with a Toxic Ex* is an excellent book for any parent dealing with a high-conflict co-parent in a separation or divorce. Baker and Fine accurately describe the hidden patterns of manipulation by a toxic ex that can lead to an alienated child—one who wants to avoid the other parent. Most important, they teach what to do and what not to do to protect a healthy parent-child relationship for the other parent regardless of these manipulations. This is a minefield and they provide supportive strategies and numerous tips for a reasonable parent to use—including how to avoid getting angry, giving up, or giving in.”

—**Bill Eddy**, lawyer, therapist, and author of *Don’t Alienate the Kids!: Raising Resilient Children While Avoiding High Conflict Divorce* ([www.HighConflictInstitute.com](http://www.HighConflictInstitute.com))

“While *Co-parenting with a Toxic Ex* is technically not classified as a workbook, divorce *is* work, and often becomes a full time job. Amy J. L. Baker and Paul R. Fine have developed a chapter-by-chapter playbook for parents in any stage of divorce. The book encourages parents to bring strong parenting skills to the table while trying to create a solid foundation for the identity, growth, and maturity of their children. This dynamic duo does it again for so many parents struggling to find their way through the maze of co-parenting after divorce. Bravo!”

—**Jill Egizii**, president of the Parental Alienation Awareness Organization, USA

"Parenting expert Baker (*Adult Children of Parental Alienation Syndrome*) and psychotherapist Fine have created a workbook specifically for divorced co-parents who sense they are losing the battle for their children’s love, loyalty, and respect. The book features tools, strategies, written exercises, and dialogues designed to help reduce the ex’s negative influence and 'delay, if not prevent' a child from choosing one parent over another. This guide helps co-parents recognize and understand the signs and symptoms of loyalty struggles and their insidious effects, while offering remedies based in positive and mindful parenting to help fashion a safe and loving environment. The authors suggest the familiar protocol of positive parenting as a way to strengthen the parent-child bond, and, when coupled with mindfulness techniques for personal

awareness, this protocol can help unhappy, stressed parents handle the animosity and negative influence of their ex. Like a guerilla manual, the book arms co-parents with tools for coping with a variety of scenarios, including when the ex is sending poisonous messages, interfering with contact and communication, 'erasing and replacing,' encouraging the child to betray confidences and trust, or undermining the co-parent's authority. Genuinely helpful, this guide tackles a sensitive problem and shows how to diffuse it with accepted and proven psychotherapeutic practices."

—*Publishers Weekly*

#### About the Author

**Amy J. L. Baker, PhD**, is a national expert on children caught in loyalty conflicts and has written a seminal book on the topic, *Adult Children of Parental Alienation Syndrome*, published by W.W. Norton and Company. In addition to conducting trainings around the country for parents as well as legal and mental health professionals, Baker has written dozens of scholarly articles on topics related to parent-child relationships and has appeared on national TV, including *Good Morning America*, CNN, and the *Joy Behar Show*. She has been quoted in the *New York Times* and *US News and World Report*, among other print media outlets. Baker graduated from Barnard College, summa cum laude and Phi Beta Kappa. She has a PhD in human development from Teachers College, Columbia University. More information is available on her website at [www.amyjl baker.com](http://www.amyjl baker.com).

**Paul R. Fine, LCSW**, is a licensed clinical social worker and psychotherapist in practice at a community mental health center in northern New Jersey. He has over twenty-five years' experience working with diverse populations. His practice includes an eclectic and humanistic approach to problems faced by individuals and families.

#### Users Review

##### From reader reviews:

##### **Alison McGowan:**

Your reading sixth sense will not betray you, why because this Co-parenting with a Toxic Ex: What to Do When Your Ex-Spouse Tries to Turn the Kids Against You reserve written by well-known writer who really knows well how to make book which might be understand by anyone who read the book. Written throughout good manner for you, still dripping wet every ideas and creating skill only for eliminate your own hunger then you still question Co-parenting with a Toxic Ex: What to Do When Your Ex-Spouse Tries to Turn the Kids Against You as good book not only by the cover but also by the content. This is one book that can break don't evaluate book by its deal with, so do you still needing another sixth sense to pick this kind of!? Oh come on your reading sixth sense already told you so why you have to listening to one more sixth sense.

##### **Mary Fleeman:**

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**Chris Robins:**

Is it you who having spare time and then spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something totally new? This Co-parenting with a Toxic Ex: What to Do When Your Ex-Spouse Tries to Turn the Kids Against You can be the reply, oh how comes? A book you know. You are consequently out of date, spending your time by reading in this brand new era is common not a nerd activity. So what these ebooks have than the others?

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