



Instructions: How to Develop a Working Relationship with the Ex-Partner

Step-by-Step Instructions:

1. Discuss the goal of this exercise. Review the Tips for Discussion section below to assist you with this dialogue.
2. Provide each participant with a copy of the Activity: Dos and Don'ts - How to Develop a Working Relationship with the Ex-Partner.
3. Instruct the couple to review the activity and complete all sections. Unless both partners have children, explain that one column on each page will be left empty. This information is simply there to show the questions the partner is answering.
4. Upon completion of the exercise, review the Take Away section with the couple.

Tips for Discussion and Processing

Research suggests children are far less adversely affected by their parental situation when separated or divorced parents have a civil relationship with one another. Therefore, the impact on children can be reduced when the relationship with the ex is not as strained. Importance should be given to open the lines of communication between the ex and his or her new partner as well to try to keep any conflict to a minimum. A parent's responsibility is to help make that communication happen. The dos and don'ts suggest ways of opening up those lines of communication. In the end, emotions will lead the list of challenges; however, couples must be prepared to compromise.

Resources:

How to Avoid Baby Mama or Baby Daddy
Drama with Your Ex

http://www.ehow.com/how_4469206_avoid-baby-daddy-drama-ex.html#ixzz1YPkKIJuF

How to Deal With a Boyfriend's Baby Mama Drama

http://www.ehow.com/how_8457085_deal-boyfriends-baby-mama-drama.html#ixzz1YQ2YkIJS

www.healthymarriageinfo.org

Title: Instructions - How To Develop a Working Relationship with the Ex-Partner.

Group Size: 10 to 50+; must be even numbered group as they will work in pairs

Time Needed: 20 minutes (discussion times vary)

Goal: To assist couple in developing a working relationship with the ex-partner

Audience: Couples

Special Considerations:

Resources Needed:

- Activity: Dos and Don'ts - How to Develop A Working Relationship with the Ex-Partner
- Writing utensils