

☐ THE

☒ DRAMA *free*

☐ TO

☒ TRAMA *free*

☐ CHECKLIST

None of us made it out of childhood ok and we all picked up a bit of trauma here and there. The people that raised us probably did their best, however, pain points show up and manifest in different ways in our lives. We develop coping mechanisms in order to deal and usually they help us to become better individuals.

But sometimes these coping mechanisms hold us back. In extreme scenarios, we cope by developing personality disorders or mental illnesses.

Dealing with an adverse coparent is a surefire way to kick up the dust on unresolved trauma and even emotional issues you've worked through! That powerless feeling you experienced in your youth gets triggered when you helplessly watch your OWN child's voice get silenced by their other parent. You may shut down when your coparent becomes aggressive because your parents abused one another.

Fear can matriculate to so many areas of our lives and if we are not cognizant of the effects, it can really hinder our relationships with others and with OURSELVES. Anxiety and depression are quite common illnesses and they typically begin early in our lives.

If you notice that you revert to a place of fear when dealing with a counterparent, NOW is the time to be proactive about healing. One of the most powerful things you can teach your child is how to advocate for themselves. They are watching your every move.

**Heal your inner child by forgiving
your parents for the times they let
their pain manifest into yours.**



Let's focus on understanding your patterns, identifying your traumas, and your conflict resolution abilities. I also challenge you to think about how you thought your current role would be vs. the actual reality of your circumstance.

A guide for Parents & Stepparents in High Conflict Blended Families

Coparenting with a balanced person can be difficult BUT trying to coparent with an unbalanced, HIGH CONFLICT person can unearth old wounds and unhealed trauma.

Watching your children or stepchildren have their childhoods disrupted by their own parent can cause endless frustration.



an ebook by Coach Naja Hall

MY CHILD'S OTHER PARENT IS ~~CRAZY~~

INSECURE

FULL OF FEAR

DEVOID OF SELF WORTH

CODEPENDENT

CONSUMED WITH GUILT

ISOLATED

EMOTIONALLY UNINTELLENT

UNABLE TO BALANCE THEIR EMOTIONS

TRAMATIZED

When your drama brings up your past trauma *Checklist*

- Remind yourself that you are not a helpless child
- You do not have to explain yourself to a coparent that is intent on misunderstanding you
- You deserve to be treated with respect and you deserve to be surrounded by love
- Be firm and hold your boundaries
- Do not allow yourself to get sucked into meaningless arguments
- If a coparent tries to verbally attack you, immediately end the conversation
- Do not have adult conversations in front of your children
- If your counterparent reminds you of an oppressive parent, remember you NOW have the power to defend yourself. No one can harm you!

Terms to know

You may feel confused and frustrated by your circumstances. Familiarize yourself with the following terms and assess how they apply to your life. A quick google search will allow you to do a deep dive.

- Cognitive Flexibility
- Cognitive Distortion
- Radical Acceptance
- Rumination
- Counterparenting
- Parental Alienation
- Reparenting
- Adverse childhood experiences

Hi, I'm Naja Hall

Founder, Naja Hall Coaching Agency



*a guide for Parents & Stepparents in
High Conflict Blended Families*

How blended family drama brings up unresolved trauma



My role in my blended family honestly is NOT my most important role in life but it was ONCE responsible for 100% of my anxiety, sadness, and displeasure with my relationship. If you are ready to do a DEEPER DIVE and heal your trauma, grab the FULL 35-page version of my eBook!

*a guide for Parents & Stepparents in
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How blended family drama brings up unresolved trauma



Buy Now

When you purchase my eBook, you will immediately receive a link to download your copy.

How blended family drama brings up unresolved trauma



an eBook by Coach Noja

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A guide for Parents & Step-parents in High Conflict blended families

The Counterparent

Co-parenting with a blended parent can be difficult BUT trying to co-parent with an unbalanced PARENT can be even more difficult. COACH NOJA can teach you how to navigate this situation and help your children feel safe and secure.




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
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
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
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
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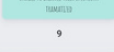
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
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