

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

How blended family drama brings up unresolved trauma



an ebook by Coach Naja Hall

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



When I married the love of my life, I joined his ready-made family. While marriage can have it's own challenges, nothing prepared me for the frustration, and pain that comes along with high-conflict counterparenting situations.

Being in a blended family has been the ultimate test of humility, but it has also unearthed some of my own unresolved trauma. Aside from dealing with PTSD from an abusive counterparent, my Husband and I had to learn how to navigate our family's complexities while healing ourselves.

To date, I have also helped thousands of couples, families, and individuals heal themselves as they attempt to usher their own children through childhoods in which they will inevitably need to heal.

Coach Naja

Progressive healing

Trying to blend and mend a broken family with broken people can HURT. Maybe you're a struggling single mother, an overwhelmed stepfather, a disgruntled divorced dad, or a stepped on stepmom. Perhaps you were once the child that was caught in the middle of that big mess, and now you're an adult trying to make sense of it all. No matter your position in your family, it is very important to recognize that **when a family goes through a transition, uncomfortable shifts will occur**. Whether it be through divorce, remarriage, or death- it means that the life and the role that was once YOUR normal is about to be redefined whether **you like it or not**. Research tells us that it usually takes a family several years to blend. Reluctance to accept your new family structure and a failure to do the work to redefine your role means the blending process may never happen for you. That does not mean that your family will stop evolving, that just means that **YOU** have stopped evolving. Blended families are not like "traditional" families. If you are still trying to force your old routine in a brand new dynamic, you may be the key hindrance to progress in your family system.

**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.**

CHALLENGE

THINK

deeper

Compare your current situation to how you expected things to be. Identify areas where you can readjust.



When your expectations and your reality align, you will achieve balance.

-Coach Haja

IF

THEN

Your parent did not model boundaries

You shut down at the 1st sign of adversity

Your parent was too focused on appearance

You may be materialistic and often feel insecure

Your parent could not regulate their emotions

You feel afraid to center your feelings and speak up for yourself

Your parent directly or indirectly discouraged didn't allow you to express

You do not think your opinion matters much

If your parent denied your reality

You second guess yourself and let others make decisions for you

You grew up in poverty

You fear living in abundance

Your parent has mental health issues

You have trust issues and may suffer from mental health issues

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 book a session. One of the most powerful things you can teach your child is how to advocate for themselves. They are watching your every move.

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

Role Redefining

In order to operate most effectively, you must acknowledge the TRUE roles of the people in your blended family. You do NOT have a coparent. You have a **counterparent**. Denial often plays a factor in the lack of progress in your blended family. If you are unable to acknowledge that you do NOT have a coparent, you will find yourself stuck in the never ending cycle of abuse and defeat.

Counterparenting is the opposite of co-parenting. Rather than setting aside differences to parent effectively, one parent actively works against the other. This is a parenting arrangement you should avoid. Counterparents may think they're punishing the other parent, but ultimately they're hurting their own child. Many counterparents are narcissists who only care about getting their way to assume control over how the child is raised.

If you're dealing with a counterparent, you'll have to work twice as hard to undo the damage done.

The Counterparent

Counterparenting means intentionally working against a coparent to undermine how they're raising the children. The counterparent is not doing this because the way the other parent is raising the child is harmful. Rather, they do it to spite the other parent.

Counterparents often:

- Let their kids do things the other parent would never allow
- Badmouth the other parent in the presence of the child
- Tell the child the other parent is to blame when something goes wrong
- Prevent the other parent from speaking with the child during visits
- Encourage the child to be insubordinate
- Tell the child the other parent doesn't care about them
- Disobey court orders

Counterparenting by a narcissist



Narcissistic counterparents place themselves at the center of everything rather than prioritizing their children. To a narcissistic counterparent, the most important part of parenting is "winning."

They want to:

- Have sole authority over how the child is raised
- Become the favored parent
- Control who is involved in the child's life

Narcissistic counterparents believe only they know what is best for the child. Plus, they feel that the other parent has wronged them in some way and should be punished. In turn, they target the softest spot for a parent – their child.

COUNTERING COUNTERPARENTING



Encourage your child to confide in you. Being around a counterparent can be emotionally exhausting for your child. Let them know that it's okay to express their emotions. Ask about their time visiting the other parent without prying too much. This will give them a comfortable space to open up.

Stick to your guns. Don't change up what you're doing because the other parent is trying to undermine you. When the child does something that's unacceptable in your home, dole out the appropriate disciplinary response. The child may start adhering to your rules even when they're not under your roof.

COUNTERING COUNTERPARENTING

Don't stoop to their level.

The urge to lash out at the counterparent will be strong. However, leveling accusations and name-calling will only embolden their behavior. If you'd like to know more about what's happening while your kids are with them, ask open-ended questions: "What did Ryan have for dinner last night?", "What time did he go to sleep?"



Consider switching the parenting

arrangement. If you're attempting to co-parent, you'll need to communicate often with the counterparent. This gives them myriad opportunities to sabotage what you think is best for your child. Consider switching to a different arrangement like parallel parenting, which doesn't require much communication or cooperation between parents.

COUNTERING COUNTERPARENTING



Expect the counterparent's behavior.

Anticipating what the counterparent will do next could help you develop strategies to deal with their behavior. Plus, if you go to court, showing patterns in their behavior will help your case. Make note of everything they do that's in direct opposition to what you do, like letting the kids stay up late on school nights or dropping the kids off late for visits.

Document their actions. Counterparents think the rules don't apply to them. It's important you make note of all their actions in case you have to go back to court or begin a court case.

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!

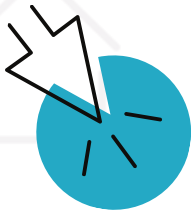
Terms to know

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

This eBook contains LIVE links

There are several clickable links to my other ebooks, videos, blogs, and audio for you to check out.



Don't miss the cool content. Be sure to follow the live links!



Sometimes things are just gonna suck

But it doesn't always have to be this way. You do NOT have to live at a reduced capacity. What if I told you there was a way for you to get the most out of life despite not being in the Brady Bunch? Well, IT IS possible! If you're ready to get aggressive with your healing, join me for an experience that will change your life

You've been kinda just dealing SO how do you heal?

Healing is a decision. It takes REAL work and dedication to not only acknowledge that you can't do it alone but to make sure you are investing in the right tools.

[CLICK HERE TO GET STARTED](#)



Quick Tips

- ➡ Seek resources that offer raw, real & honest solutions. Not all platforms are created equally. Solution-based knowledgeable experts will positively impact your outlook.
- ➡ You deserve a life free of anxiety, worry and defeat. Focus on staying centered.
- ➡ It's about time you realized that you don't have to see yourself as a second class parent or an unimportant figure in your child's life.
- ➡ Self-care is a must. Learn the best practices tips and personal tips on maintaining balance amidst conflict and chaos.
- ➡ Develop the habit of aligning your expectations with your reality so that you can change your perspective and chose happiness.
- ➡ Focus on mindfulness tools to kick the high-conflict ex out of your head.
- ➡ Learn how to make your kids & stepkids yearn for your presence! Yup, you read that right!

I shared this on my podcast a while back and I've received some amazing messages! One of our #stepsistas told me she listens to my affirmations before her stepkids visit EOW!

I am bookmarking it here, so you can grab it when you need a refresher! Listen or read below.



[CLICK HERE TO LISTEN](#)

Take a screenshot of my Blended Affirmations

- Imposter syndrome makes me question my place in this family. I prayed to be here. I deserve to be here. I belong here. I earned this!
- I can step away from DRAMA and disrespect
- I have the right to ask my partner for reassurance
- I will focus on that which is within my control
- I will stop dehumanizing the counterparent. I recognize that they are hurting
- I will not engage in Demon dialogues. I will ONLY speak life into my relationship and those around me

- I will develop a magic word to snap me out of bad thought patterns
- I will eject myself from my partners' coparenting matters that do not affect me, my home, or my well-being. I will not trifle with the day-to-day happening between the coparents.
- I will not be a repository for my partner's bad feelings about his coparent. Our relationship is not a dumping ground for drama. I will demand that my relationship be my safe space
- Before anyone else, I will take care of me
- I completely understand that I am voluntarily giving my peace of mind to the counterparent. They cannot take it from me without my participation and permission

- I will not allow my children and stepchildren to see me crying. I will not allow them to see me when I am defeated. I will stand strong and exemplify courage in the face of opposition, especially when that opposition comes from their other parent
- I am not weak. In fact, the people that treat me the worst are the ones who are truly afraid of my POWER
- I did not choose this life when I decided to become a step/parent. I only wanted love. I did not sign up for disrespect or abuse. I understand that God (or my Higher Power) chose to make this experience a part of my journey. I am on a personal mission to use these trials and tribulations to become a better human. I will turn my mess into a message. I will turn this test into a powerful testimony. I was chosen because I can handle it

PUT YOUR TOXIC COPARENT IN THEIR PLACE



WATCH IT ON YOUTUBE

LISTEN TO STEPMOM AFFIRMATIONS



[CLICK HERE](#)

As stepmothers, we pride ourselves on making our homes our sanctuaries. With so many outside factors that affect our happiness, our relationships, and our balance, stepmoms can face some immeasurable points of stress. Coach Naja is breaking down best practices for stepmoms whose stepkids have gotten comfortable ignoring them!



[CLICK HERE](#)



25

COMMANDMENTS FOR DIVORCED DADS

Written by the
Stepmoms you
love

[CLICK HERE](#)



5 ways to rekindle intimacy

WATCH VIDEO





What about High Conflict BioDads?

By Coach Naja Hall



High conflict biodads are a very real thing and today Coach Naja is breaking down the similarities, the differences, and how to handle a HCBD.



LISTEN

Coach Naja breaks down complicated family dynamics

I had the opportunity to present at Bree Gordon's Connection Bootcamp and she has been generous enough to allow me to share my recorded session with my community. This session was intense and includes audience interaction. Grab your pen and pad!



[CLICK HERE](#)

Hi, I'm Naja Hall

Founder, Naja Hall Coaching Agency



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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!

My role as a in my blended family was ONCE responsible for 100% of my anxiety, sadness, and displeasure with my relationship. It seemed like the man of my dreams was attached to something from my nightmares. All I wanted to do was have a good relationship, but it seemed like the decisions he made before I even came along would haunt me forever. Not only do I have a Family Sciences degree, I'm a Certified Family Life Educator. Most importantly, I'm a STEPMOM that is no longer affected by the antics of those I cannot control.



#UNBOTHERED



The level of peace and #unbotheredness I've reached is a place I NEVER thought I'd be. I know most Coaches, therapists, and lightworkers must position themselves as if their lives are squeaky clean BUT I went through hell! I often talk about my experiences in my private members discussions, the secret podcast, blogs, etc. I do this to show you that I know WHERE you are. I am meeting you exactly where you are and I will hold your hand until you get to higher ground. I'm Naja Hall and I got your back.

If your role in your blended family causes anxiety, sadness, and displeasure with your circumstance and it seems like the life of your dreams is attached to circumstances from your nightmares, I got you!

**Be sure to
subscribe to my
free blended
family podcast!**



I KNOW



I'M CRAZY

WITH NAJA HALL



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LISTEN ON
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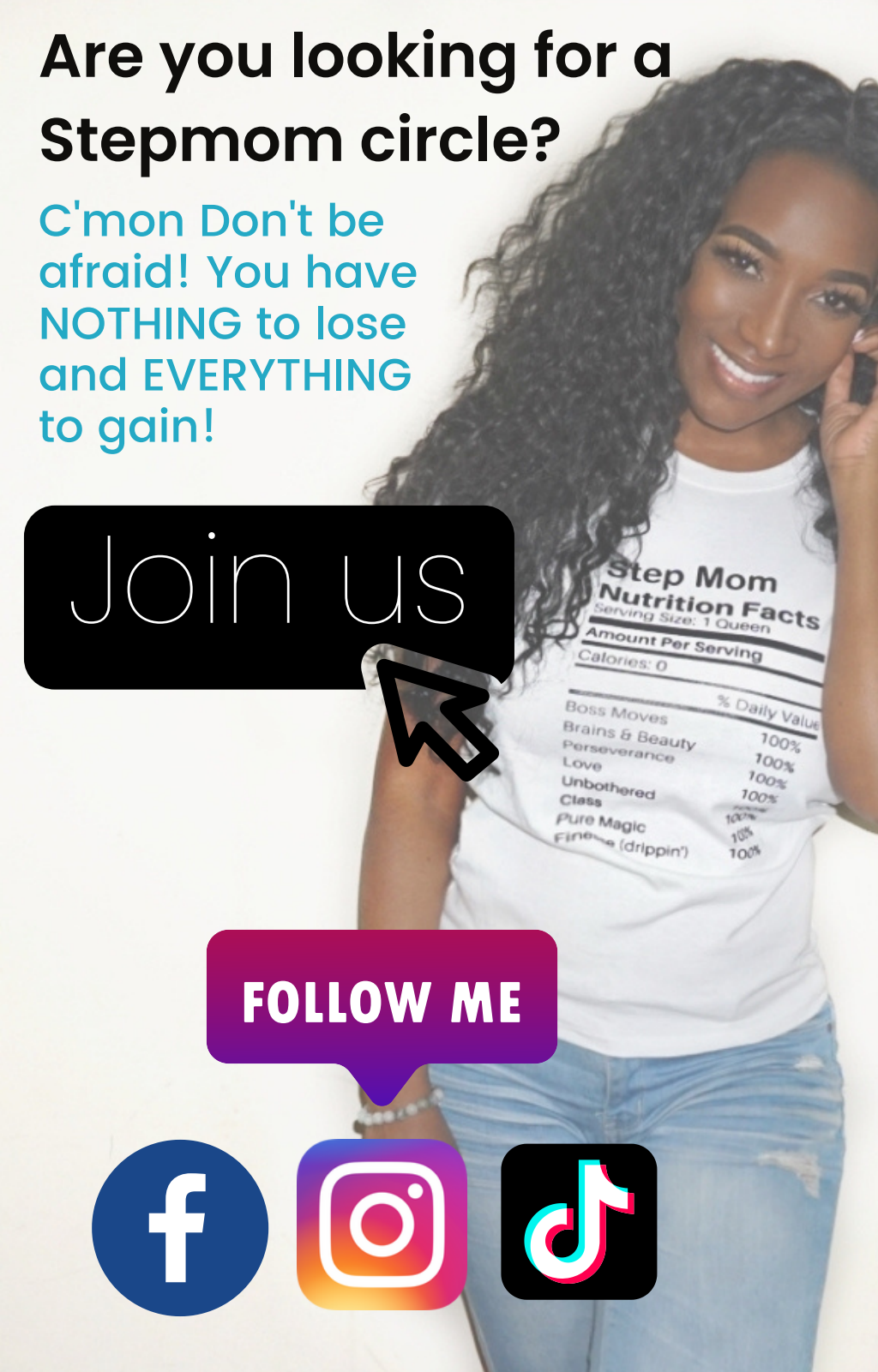
Are you looking for a Stepmom circle?

C'mon Don't be afraid! You have NOTHING to lose and EVERYTHING to gain!

Join us



FOLLOW ME



Step Mom Nutrition Facts	
Serving Size: 1 Queen	
Amount Per Serving	
Calories: 0	
	% Daily Value
Boss Moves	100%
Brains & Beauty	100%
Perseverance	100%
Love	100%
Unbothered	100%
Class	100%
Pure Magic	100%
Fine ^{ness} (drippin')	100%

No matter where you are in your journey, let's connect!



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Mom + Stepmom workbooks



Coaching for Men

If this eBook helped you in any way, please take a moment to check out my links. I have tons of continuing education tools and a full Coaching staff to help you and your family.

Coach Raja

