

# EYES WIDE OPEN



**HELP!**

*with*

**Control Freak  
Co-Parents**

**Debra Wingfield, Ed. D.**

# Eyes Wide Open Help With Control Freak Co Parents

**Rachel Sandford**



## **Eyes Wide Open Help With Control Freak Co Parents:**

**Eyes Wide Open** Debra A. Wingfield, Dr Debra A Wingfield Ed D, 2014-02-07 Even though you are divorced separated from your children's other parent do you still feel controlled Do you feel like your ex is still trying to control you through your children Do you think of your ex as a control freak co parent When you think about your ex as a co parent do the words control freak describe that person Dr Debra gives you an opportunity to peek over her shoulder while she helps protective parents primarily mothers establish healthy boundaries with former abusive spouses or partners She shares her wisdom on how to decode abuser messages and stop falling into the traps abusers set for their former partners while co parenting their children Discover the different types of coercive controlling behaviors she helps protective parents identify in their own relationships past and present The Transformational Journaling™ tools she shares developed out of her long term practice as a professional counselor Discover Help with healing from abusive coercively controlled interpersonal relationships Use the Coercive Control Assessments to discover how where when and the frequency your former intimate partner co parent engaged in coercive control tactics during your relationship and after it ended Acquire Transformational Journaling™ tools you can use to recover from living with and being abused coercively controlled in an intimate relationship and reclaim your life Put your life on a path of your choosing not being ruled coerced controlled by a former intimate partner co parent Take control of your life your responses to your former intimate partner co parent of your children Determine what is best for you without becoming drawn into the whirlpool of emotions your former intimate partner co parent uses to pull you in and coercively control you Set your boundaries from a state of self empowerment and protect yourself from future abuse or coercive control attempts by your former intimate partner co parent Draw from your inner strength to withstand the onslaught of abuse coercive control attempts by your former intimate partner co parent Gain the ability to work toward protection of your children and help them build their own protective factors and acquire resilience skills they will use throughout their lives Empower your children through your behaviors and attitudes as an empowered parent to establish themselves as empowered adults Reduce the chance your children will become abusive coercive controllers or being abused coercively controlled in their adult relationships Locate resources to assist you on your journey Develop support connections with other protective parents Know at the deepest level of your being that you are never alone there are multiple support options available to you

**The Mental Health Handbook for Ministry** Mark Mayfield, 2025-09-23 Poor mental and emotional health are two of the great crises of our times and yet most pastors and ministry leaders are not adequately trained or equipped to understand and come alongside the hurting As a result our efforts to help those who are wrestling with mental or emotional health struggles are at best inadequate and at worst harmful Combining the best of clinical research with a biblical worldview The Mental Health Handbook for Ministry is a practical and accessible resource to help pastors church leaders and others who are called on to offer counsel identify the symptoms of particular mental and

emotional health challenges express love and support to those who are hurting recommend healthy coping strategies discern when to offer help and when to refer someone to a mental health professional With chapters dedicated to common manifestations of mental and emotional distress including depression anxiety trauma suicide self harm addiction personality disorders grief and more this will quickly become the go to resource for ministry leaders who long to offer help to the hurting

**The Advocate** ,2001-08-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States *New York Magazine* ,1997-08-04 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Best Life** ,2006-06 Best Life

magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life The Advocate ,2002-09-17 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States **The Advocate**

,2004-09-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States **New York Magazine** ,1997-06-23 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *Cornell Reading-courses* ,1919 **Runner's**

**World** ,2008-02 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling Runner's World ,2008-02 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

Journal of United Labor Knights of Labor,1893 The Saturday Evening Post ,1936 SCC Library has 1974 89 plus scattered issues Index of the Christian Science Monitor ,1964 **Index to the Christian Science Monitor** ,1966

**The Advocate** ,2004-08-17 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States Setting Boundaries with Your Adult Children Allison Bottke,Carol Kent,2019-12-03 Finally Hope for Parents in Pain What parent doesn t want their children to grow up to be happy responsible adults Yet despite parents best efforts most heartfelt prayers and most loving environments some kids never successfully make the transition to independently functioning adulthood Following her own journey Allison Bottke developed a tough love approach to parenting adult children that helps both you and your child by focusing on setting you

free from the repeated pain of your adult child's broken promises, lies and deception. *Setting Boundaries with Your Adult Children* offers practical hope and healing through S A N I T Y a six step program to help parents regain control in their homes and their lives. S STOP Enabling STOP Blaming Yourself and STOP the Flow of Money. A Assemble a Support Group N Nip Excuses in the Bud I Implement Rules Boundaries T Trust Your Instincts Y Yield Everything to God. As you love your child with arms and heart wide open, know that no matter what happens you are never alone. God is in control and will be with you.

**The Co-Parenting Handbook** Karen Bonnell, 2017-08-22 A valuable parenting guide for divorced or separated couples with kids, this handbook offers tools for navigating conflicts and setting boundaries so both children and co-parents can thrive. Parents need help to confidently take on the challenges of guiding children through divorce or separation and raising them skillfully in 2 homes. The authors, both trusted divorce and co-parenting coaches, provide the road map for all family members to safely navigate the difficult emotional terrain through separation, divorce, and beyond. The authors offer reassuring, well-tested guidance including advice on: The emotional impact of separation for both parents and kids; Conflict and mediation; Settling into a 2-home family; Respectful communication and decision making; Managing finances; Co-parenting at holidays and events; Introducing new adults into children's lives. With strategies to help resolve day-to-day issues, create boundaries, and establish guidelines for a wide range of families and experiences, this accessible manual is a must-have for co-parents.

**Patched up Parenting** Angela J. Dunne J.D., 2018-08-16 Whether a person initiates or responds to a divorce, every part of that person's life is about to change. Parenting, family relationships, finances, friends, personal belongings, residences, job performance—all are affected. Nothing remains untouched during divorce. As a divorce attorney, author Angela Dunne's job is to help people navigate through an uncertain, difficult journey that affects both parents and their children. Co-parenting in two separate homes is tough. In *Patched Up Parenting*, she offers a guide to help overcome the challenges of post-separation parenting and she shows how it can be easier and better for your children as she shares real-life experiences of her clients and her post-divorce life with her two daughters. From how to tell the children about a separation to how to carry on when you don't think you can, Dunne provides a powerful perspective. She shares stories of toppling Christmas trees and tough times while focusing on the children. Her lessons learned from her many clients' children and co-parents acknowledge the pitfalls of divorce while inspiring parents to be better and do better for their children. *Patched Up Parenting* presents practical advice and tips and empowers mothers and fathers to parent better no matter the circumstances.

*The Business of Co-Parenting for Single Moms* Merissa V. Grayson, Merissa V Grayson Esq, 2013-06-26 In a world where millions of families are headed by single parents, more than 40% of children are being raised without their fathers, thousands of blended families form in the United States every day, and children who live in a blended family are three times more likely to need psychological counseling than other children, one thing is for sure: Stuff Happens. Although in an ideal situation, parents would be happily married in a relationship or at least able to parent together peacefully in many of our realities.

unfortunately the ideal situation does not exist The Business of Co Parenting For Single Moms is the first book of a ground breaking series written for parents who are struggling with either making the transition into a divided family or struggling with co parenting peacefully In this debut book Mrs Grayson applies her experience as a wife mother step mother and Family Law Attorney and shares the practical methods her family implements in order to co parent successfully Mrs Grayson hopes that by sharing the knowledge and wisdom that she has gained both through her own personal and professional experience that she may serve as a guide to help mothers overcome many obstacles and dysfunction that often accompany divided and blended families Her insight will equip you with the tools and many surprising yet needed techniques to take control of your divided family so that you may live in peace and focus on what is truly in the best interest of your child

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