

**EYES WIDE OPEN**



**HELP!**

*with*

**Control Freak  
Co-Parents**

**Debra Wingfield, Ed. D.**

# Eyes Wide Open Help With Control Freak Co Parents

**Yan Bai**



## **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 **Youth's Companion** ,1882 *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 *Moore's Rural New-Yorker* ,1921 *Orange Judd American Agriculturist* ,1917 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 Indianapolis Monthly ,2001-12 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape 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 *Journal of United Labor* Knights of Labor,1893 **Billboard** ,1997-03-22 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends *The New Moral World* Robert Owen,1969 A London weekly publication developing the principles of the rational system of society Conducted by Robert Owen and his disciples The New Moral World ,1969 **New Moral World** ,1969 The Continuing Study of Newspaper Reading Advertising Research Foundation,1941 **Index to the Christian Science Monitor** ,1966 *Index of the Christian Science Monitor* ,1964 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

Co-Parenting Works! Tammy G Daughtry, 2011-07-26 What if your child s life after divorce could be better than you ve hoped for As the post divorce dust settles your child s chances of leading a healthy successful life are directly linked to how you and your former spouse relate So instead of listening to statistics read this book to discover real world co parenting strategies from author counselor and co parent Tammy Daughtry Discover how you can make positive co parenting work for you and your child by Understanding how today s actions will affect your child in five ten and twenty years Teaming with your child s co parent to develop strategies in the best interest of your children Helping your child feel at ease in both homes Increasing your child s self esteem while minimizing anxiety Integrating stepparents into your co parenting team Co parenting isn t easy But with these strategies for success you ll be prepared to create an enjoyable childhood and a healthy upbringing that will impact your child for a lifetime Take heart the future can be better and brighter than you ve dared to hope

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