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Beat the Odds for Divorce

By Pat Swan

Beat the Odds for Divorce by Pat Swan, MS, Life and Relationship Coach

Do you think marriage is a turkey shoot? Are you looking for a guarantee of success? Don't gamble with your relationship. Follow expert advice to beat the odds for divorce.

Researchers can predict the success or failure of a long-term relationship with 90% accuracy based on one thing – Conflict Resolution Skills. All relationships experience problems. How you handle them makes the difference.

Do you avoid discussing your differences? You build resentment and destroy your relationship as surely as fighting does. Follow these steps and solve differences safely, without fighting.

1. Set aside a time to sit down together, without distraction, to discuss the specific difference of opinion you want to solve.

2. Define the problem to be solved.

Don't jump into a power struggle. A difference of opinion is not right or wrong, just different.

3. Brainstorm all of the possible solutions.

Think outside the box. Get creative. Write down all solutions. Don't eliminate possibilities for any reason, even if they are "way out" or sound crazy. This makes it fun!

4. Discuss each suggestion.

Give pros and cons. Put a check by possibilities. Cross out ones that are unrealistic or not acceptable to one of you. Consider whether two or three can be combined to make a better option. Be open to new ideas.

5. Choose an option that is acceptable to both of you.

Don't say "yes" if you have reservations. You won't follow through.

6. Set a date a week or two into the future to sit down and discuss how this solution is working.

Practice the solution during that time and note how it works.

7. Celebrate that your relationship is important enough to spend the time to find a "win-win" solution.

Now, forget your differences and have some fun!

©Pat Swan, M.S., Life and Relationship Coach, <http://www.RelationshipSkillville.com> . Pat is a speaker, coach, and author of "Watch Out! Your Relationships Can Be Hazardous to Your Health," available at <http://www.StopRelationshipStress.com> . Stop relationship stress and discover secret remedies for better health. Mailto:pat@patswan.com . PH: 262-642-5706.

3 Major Divorce Parenting Mistakes And Learn How To Avoid Them

By Ruben Francia

What 3 major divorce parenting mistakes that surely lead to unhappy, unhealthy and unsuccessful children? Parents know these for your children seek.

1. Failure To Act According To Child's Best Interest

This divorce parenting mistake stem from not knowing what exactly these interest are. Experts do agree on two factors that can be said to be the foundation for a child's true best interest: Maintain familial ties that were meaningful and important to your children prior to the divorce. Provide a generally supportive and cooperative in-between parent relationships.

Act according to child's best interest.

2. Failure To Let Go The Hurt's Of One's Divorce

Let go of grudges you may hold against your former spouse. Holding onto feelings of anger will not change your situation and will probably consume a great deal of your energy – energy you need to devote to creating a positive environment for your child. If you dwell on your disappointment and dislike with your former spouse – chances are your child will sense your feelings and suffer in some way from your negative attitude. Overcome this divorce parenting mistake. Let go and forgive.

3. Failure To Win Divorce Parenting Cooperation

If divorced parents can put aside their personal feelings before the welfare of their children and choose to interact with one another in a respectful and dignified way, their children will benefit. Beat this kind of divorce parenting mistake. Learn to win your ex parenting cooperation.

Beat the Odds for Divorce

Sure, you can have healthy, happy and successful children even if you're divorced. Do act according to child's best interest, let go and forgive, and win the parenting cooperation of your ex. Remember, how bad and well children go through the divorce depends on how you handle the situation. Never let your divorce ruin your children's life.

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Ruben Francia is an author of an indispensable divorce parenting guide ebook, entitled "101 Ways To

Raise Your 'Divorced' Children To Success". Discover the ways to raising healthy, happy and successful children even if you're on divorced. Visit his web site at

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