



FAMILY LAW BLOG

# When Saying Less is More

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In any parenting relationship, whether it's current or past, there are going to be times when we disagree with the other person. We all have ideas about how to raise children, what's best for them, what they should or should not do, and when we disagree with the other parent, we often want to make our case, sometimes over and over again.

But there are times when we need to talk less. Even when we are talking in an effort to be productive, even when we are talking to try to do what we think is right for our child, we may need to talk less to get the other person to come to the table. No one wants to be lectured, and no one wants to hear they are wrong, so talking less about what we think is right, and starting off by listening more to the other person's point of view, may be a better option.

When we open a dialogue, when both parties feel heard and listened to, when both people are able to step back and take a look at the issue in other ways, it can help move the process forward. Focusing on the issue and listening, thinking about it from the other side, staying open and receptive, is often the best path toward finding a solution. And remembering that the goal is problem solving, rather than trying to win or prove a point, can lead the way to more positive resolutions in the future.

For these or other family law issues, please contact one of the family law attorneys at Sandberg Phoenix.