

Parental Alienation: Spot the Signs, Take Action

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Parental Alienation occurs when a child is *manipulated* into rejecting a parent, often leading to strained or severed relationships.

Here are some common signs to look out for:

1. Behavioral Changes in the child

Unwarranted anger or hatred toward one parent.

Parroting negative statements about the alienated parent.

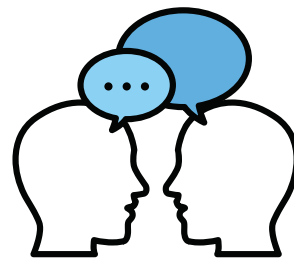
Extreme loyalty to one parent, rejecting the other without valid reasons.



2. Communication Barriers

Refusing to spend time with or speak to the alienated parent.

Blocking or ignoring attempts to connect (calls, texts, letters).

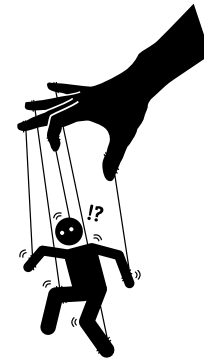


3. Manipulation by the Alienating Parent

Sharing adult conflicts or legal issues with the child.

Making false allegations against the alienated parent.

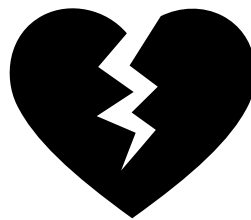
Discouraging or preventing contact between the child and the alienated parent.



4. Emotional & Psychological Impact

Feelings of guilt, anxiety, or confusion in the child.

Loss of trust or closeness with the alienated parent.



5. Lack of Ambivalence

The child sees the alienating parent as entirely good and the targeted parent as entirely bad, with little room for nuance. This black-and-white thinking is a hallmark of alienation.



YOU'VE SEEN THE SIGNS, NOW WHAT?

If you recognize these signs in your family, it's important to seek support. Rebuilding relationships is possible with the right help.



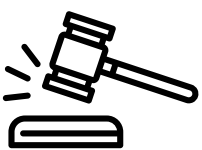
Stay Calm & Document Everything – Keep a record of concerning behaviors, missed visitations, and any direct interference.



Maintain Connection – Even if the child resists, keep showing up emotionally and physically (within legal limits). Send texts, letters, and reminders that you love them.



Seek Professional Support – A therapist familiar with parental alienation can help both you and your child navigate the situation.



Legal Intervention – If the alienation is severe, consulting a family lawyer may be necessary to enforce custody agreements.



Avoid Retaliation – Don't badmouth the alienating parent or pressure your child to "pick sides." Stay the safe and consistent presence they need.

Learn more at BluebonnetACS.com/blog

