

Mastering Closed Responses

Are you struggling to communicate with your ex partner?

- Do you find yourself going round in circles, trying to argue your point and get them to see things your way?
- Are messages long and emotional as you desperately try to get them to see sense or act rationally?
- Do you feel the need to constantly defend yourself from attacks and baseless accusations?
- Do you need to reply with something for the sake of legal proceedings but want to stop the endless cycle of out of control communications?

Closed responses will help you achieve all of this and more. They are a proven strategy that allow you to respond unemotionally and step outside of the conflict and drama. Responding in this way will enable you to shut down excessive communication.

Disclaimer: If you are in the middle of legal proceedings check with your lawyer before changing your communication style or strategy.

1. Your response/lack of response is noted
2. Thank you for sharing your opinion
3. Thank you for voicing your concern
4. Your recollection of events is different to mine
5. I do not agree with your portrayal of me/the event
6. I'm sorry you feel that way
7. We have reached an impasse of opinion
8. I will be following the court order
9. Yes, No or Thank you
10. Please access that information direct from
11. Let's keep our communication centred on the children
12. Thank you for your thoughts, I will consider them and respond indays/weeks
13. I am only willing to engage in constructive and respectful communication
14. I am not willing to discuss that
15. My personal life is my business
16. If I do not hear back from you by I will assume this is agreed/you are in agreement
17. Let's keep our discussion focussed on the facts
18. Let's keep our focus on what is best for the children
19. Your attempt to portray me negatively is noted
20. This is a topic for our lawyers/mediator
21. Noted/Received
22. I am only willing to discuss that in so far as it affects our children
23. I will only read and respond to productive communications that relate to co-parenting
24. I am not comfortable with how you are speaking to me, let's revisit when you are willing to be more respectful
25. I have explained my point of view and am no longer willing to continue this conversation
26. I know what happened/is going on. You are allowed to have a different understanding of the event/situation to me
27. You are entitled to your opinion
28. I will not engage in a blame game
29. It would be more productive to focus on the present/future as opposed to the past
30. I am not going to respond to personal attacks