

# **POST-DIVORCE CHART**

(WHERE ARE YOU?)

## **CONFLICT**

**NEGATIVE INTERACTION  
NON-COOPERATION**

**ONGOING CONFLICT  
AVOIDS THE DANGER  
OF FALLING BACK  
INTO THE PERSONAL  
VULNERABILITY OF  
THE PAST INTIMACY.  
UNFORTUNATELY, IT  
ALSO PREVENTS  
TAKING CARE OF THE  
BUSINESS OF SHARED  
PARENTING OF  
CHILDREN, AND THE  
POSSIBLE FUTURE  
DESIRE FOR A  
SHARED FRIENDSHIP  
FROM A DISTANCE.**

**PAST  
INTIMACY**

**TRUST  
CLOSENESS  
LOVING  
RELATIONSHIP**

**TAKING CARE  
OF BUSINESS**

**PROBLEM-SOLVING  
PLANNING FOR KIDS'  
ACTIVITIES  
MUTUAL PARENTING**

## **FRIENDSHIP**

**ENJOYING TIME TOGETHER  
MUTUAL RESPECT AND CARING  
SHARED PRIDE IN CHILDREN**