

## RESOURCES

- Read my blog - INBIG.Best

I've written my story to be used as a tool for you to understand what parental alienation looks like in real life.

- Dr. Warshak - I recommend the book Divorce Poison however all of his books are great- also google him for videos.
- Dr. Craig Childress (google for videos and info)
- Dr. Amy Baker (google for videos and info)
- There are MANY Facebook groups which can be a support for you as well as help you learn more about parental alienation.
- Start documenting EVERYTHING in an organized manner.
  - Please reach out to us! [bestinterest@inbig.best](mailto:bestinterest@inbig.best)

The examples of parental alienation in this brochure are not all inclusive. They are, however, examples of what has been experienced by us and many others.

# MY STORY

**For 12 years, I have watched as my alienator rewrote childhood memories; encouraged my child to not visit or contact me; used fear and manipulation to sabotage visitation time; enlisted the help of the police, DFS and other community professionals in order to advance his agenda... and so much more.**

**In September of 2021, I lost my child to parental alienation. I share my story and have made this brochure with the hope that by doing so, I can help you understand what may be happening right in front of you.**

**If this brochure has made its way to you, please let me know!**

**For more about me and my story please visit:  
INBIG.Best**

## Parental Alienation What It Is & What It Looks Like

Parental Alienation is the intentional and strategic indoctrination of hate and/or guilt by one parent against the other, with the sole purpose of severing the bond spiritually, mentally, emotionally and physically with the other parent, thus gaining total power over the child, and ultimately the alienated parent.

# THE FACTS

- Parental Alienation is now listed under diagnostic code V995.51 "child psychological abuse" in the current Diagnostic and Statistical Manual (DSM-5) of the American Psychiatric Association (APA).

- As of 2018, the World Health Organization's (WHO) International Classification of Diseases (ICD-11) recognizes Parental Alienation under "Caregiver Child Relation Problem."

- In 2016, Colorado enacted a law recognizing Parental Alienation as a form of child abuse.

- In July 2010, Brazil passed a law (article 2 law no.12,318) making Parental Alienation a criminal act and defining it as the "interference with the psychological formation of a child or adolescent."

- In 2014, Mexico passed a law against Parental Alienation citing it an "act of family violence anyone that transforms the consciousness of a child in order to prevent, hinder or destroy its links with one of their parents."

## Definitions

**Alienating Parent (AKA the alienator)-** parent who is indoctrinating the child into the hate for the other parent

**Targeted Parent-** parent who is the target of the indoctrination of hate

**Flying Monkeys-** a term used to describe other people i.e. family members, friends etc. recruited to help the alienator indoctrinate hate

## What It Might Look Like To The Targeted Parent Child/ren behaviors...

- rejection of the targeted parent
- falsely accusing targeted parent of abuse
- recalling memories that never occurred
- reenactments of strange behaviors/rituals
- showing fear of the targeted parent with no reason why
  - refusing to see the targeted parent
  - increasingly aggressive, hostile and/or abusive towards targeted parent
  - refusing to call targeted parent "mom" or "dad"
- calling targeted parent by new name or first name
- increasingly secretive, deceptive &/or lying behavior
- targeted parent feels like the outsider when children present
- NEVER mentioning the alienating parent
- mentions alienating parent in terms of being a victim or "poor health"
  - speaking in a made up or new language with siblings
- overly emotional when targeted parent tries to make contact
  - becoming void of all emotion over time
  - increasingly acting like targeted parent "owes" child something
    - self-esteem drops
- child becomes depressed & withdrawn over time
  - phone calls from targeted parent to child are interrupted, cut off or not allowed
  - all communication suddenly cut off with targeted parent w little or no warning

## What it Might Look Like to Police, Social Workers & Counselors

- child states he/she refuses to see or is afraid of targeted parent with no clear reasons why
- child gives only generalized answers never specifics
- child overly emotional (hysterical or angry) towards the targeted parent
  - parent does most if not all of the talking to professionals & guides child during interviews/counseling sessions
- multiple well-child checks by DFS & law enforcement to same home
- all of the children seem to recite the same exact story or script when interviewed
- issues tend to be the same, for instance, revolve around food or money, something the alienating parent is angry about
- child/ren will continue to lie in order to please the alienating parent
  - the more intense the alienation occurring, the more intense the allegations
    - alienator will not let child be interviewed without him/her present
  - routine calls from alienating parent requesting police show up during kids pickup/dropoff