

# STUDY GUIDE

**SHOULD I KEEP TRYING OR JUST GIVE UP?**

**Learning the signs, making a decision**

A teleseminar with Dr. Joshua Coleman

Why is it so hard for parents to know where they fall on the continuum from hopeful to not hopeful when dealing with estrangement?

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Why is it sometimes better for parents to stop trying?

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Why is giving up on a child often harder for mothers than fathers?

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Why does a parent's giving up sometimes have a positive effect on the child?

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What are some cues that you'd personally be better off if you stopped trying?

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Why is the distinction between self-dialogue vs. dialogue with your child important here?

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Why do some estranged children continue their estrangement no matter how ideally their parents are in their approach to them?

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Why does it sometimes cause more self-reflection in an estranged child when the parent stops trying?

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What are some important things to consider when trying to determine whether to keep trying or give up?

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Why is the age of the child important?

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How about the length of the estrangement?

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What role does the mental health of the child play?

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What are some examples of evidence that a reconciliation is still possible?

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Why are some estrangements on and off?

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What are some useful strategies to deal with an on-and-off estrangement?

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