

# BeAligned™ Chat Transcript

## Session Details

Title: Parenting Issue

User: (ksmotomann@gmail.com)

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## Conversation

BeAligned™ Assistant - 6:39 PM

**\*\*PHASE 1: LET'S NAME IT\*\***

Hey, you made it here. That's a step. What's the first thing you'd like to dive into tonight?

User - 6:41 PM

We agreed to have my son be on a basketball team and now my ex is saying she doesn't want to take him to practice because it's on Wednesday nights - the night of her Bible study. The court ordered that he could be in basketball. She doesn't put our son's needs first - ever.

BeAligned™ Assistant - 6:41 PM

Thank you for naming that. It sounds like you're carrying frustration and maybe even disappointment - not just because of the scheduling conflict, but because something deeper isn't being seen or supported.

BeAligned™ Assistant - 6:41 PM

**\*\*PHASE 2: WHAT'S BENEATH THAT?\*\***

What feelings come up when you think about this? Sometimes anger masks hurt, or control masks fear. What might be underneath that for you?

User - 6:41 PM

She doesn't think the kids' activities are important. It's all about her and control.

**BeAligned™ Assistant - 6:41 PM**

I can hear the frustration in your words, and it seems like there's a heavy mix of feeling undervalued and possibly even a sense of helplessness. You're not just reacting to the specific scheduling issue - you're trying to advocate for your son's interests and maybe feeling blocked in doing so.

**BeAligned™ Assistant - 6:41 PM**

**\*\*PHASE 3: YOUR WHY\*\***

What is it about this that feels important to you? What are you hoping for - for your child, for yourself, or for the relationship?

**User - 6:41 PM**

I want him to excel at sports. I want to support him in what he wants to do. I just want her to do the right thing and let our kids participate in activities and focus on them.

**BeAligned™ Assistant - 6:41 PM**

That desire to support your son in his passions and help him excel says a lot about how much you value his growth and happiness. It seems like you're carrying a deep commitment to ensuring he has the opportunities he deserves, and there might be some sadness or frustration when those opportunities feel threatened. This is about wanting to do right by your son and feeling stuck in making that happen.

**BeAligned™ Assistant - 6:41 PM**

**\*\*PHASE 4: STEP INTO YOUR CO-PARENT'S SHOES\*\***

If your co-parent described this, how might they see it? What do you imagine they're feeling or needing?

**User - 6:42 PM**

She wants to be the victim. She wants control. She doesn't want the burden of practices and wants the kids at her church.

**BeAligned™ Assistant - 6:42 PM**

I can see how challenging it must be to feel like her needs are overshadowing what's important for your son. It sounds like there's a mix of concern for your son's opportunities and maybe some resentment about the control dynamics at play. Underneath it all, there's a profound desire to ensure your son isn't caught in the middle and can simply enjoy and grow through his activities.

**\*\*PHASE 5: SEE THROUGH YOUR CHILD'S EYES\*\***

What might your child be noticing? How might they be feeling? What might they need right now?