

December 14, 2009



## How Not To Play The Divorce War Games

By Stacy D. Phillips

Stacy Phillips, Los Angeles celebrity divorce attorney and author of *Divorce: It's All About Control – How To Win the Emotional, Psychological and Legal Wars*, ([www.controlyourdivorce.com](http://www.controlyourdivorce.com)) is concerned about those divorced couples with children who may be tempted to play “divorce war games” with one another over the holidays – using the kids as collateral damage. She offers them the following ten tips:

1. **Try therapy.** If you are stressing over the emotional duress of the holiday season head to your therapist for some “centering.”
2. **Forgo the “one-upsmanship” game:** Don’t try to “out-do” the other parent with gifts because it makes the kids feel torn.
3. **Be flexible.** Give in a little with the visitation schedule.
4. **Include others.** Be the bigger person and include your ex-spouse’s new significant other in the festivities, even if you do not like him/her.
5. **Be charitable to those less fortunate.** Ask your children to join you in a kind act for the needy. It will divert your focus away from your own hurt or pain.
6. **Spend more time with friends and family.** See what you and your children can do to make their holidays more cheery.
7. **If you can’t say anything nice, don’t say anything at all.** Enough said!
8. **Show the children what the holidays really mean.** They are all about giving.
9. **Dwell on the overall theme.** No matter what your spiritual beliefs may be, harmony is the ultimate goal. It starts with you.
10. **Make plans for the New Year.** Dwell on what good will come after the holidays and let the children help you schedule some fun events that you can do together.

---

*Stacy D. Phillips, managing partner at Phillips, Lerner, Lauzon & Jamra, Los Angeles, is a certified family law specialist and author of *Divorce: It's All About Control – How to Win the Emotional, Psychological and Legal Wars*. She is a graduate of Dartmouth College, cum laude, and a graduate of Columbia Law School. Phillips represents business executives, homemakers, and celebrities in film, television, music, sports, and politics.*



PHILLIPS LERNER LAUZON & JAMRA LLP

2029 Century Park East, Suite 1200 | Los Angeles, CA 90067 | Phone: 310.277.7117 | Fax: 310.286.9182 | [plljlaw.com](http://plljlaw.com)