

# FamilyLife Blended® Radio Transcript

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## Be Jesus: A Difficult Former Spouse 3

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**Ron:** Sometimes, you just gotta' scream!

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** If you're co-parenting a child with someone who lives in a different home you may have heard me talk about how critical it is to speak respectfully about that parent in front of your kids. Open anger, bitterness, and critical remarks just put the kids in the middle and hurts them—that's their parent you are talking about.

What do you do, though, with all the frustrating feelings you've got cooped up inside? Well, vent in private. Find a trusted friend, support group, or a counselor to process it with you. You can talk to your spouse sometimes, but that just lays the frustration on them, and what do they do with it? Here's the bottom line: Find a good outlet, but never in front of the kids. For FamilyLife Blended, I'm Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended with Ron Deal* is a production of FamilyLife, of Little Rock, Arkansas. Help for today. Hope for tomorrow.

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