

# FamilyLife Blended® Radio Transcript

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## A Smooth Transition

Air date: November 17, 2020

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**Ron:** Moving between homes is stressful for kids. One antidote is a smooth transition.

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

**Ron:** You see, a smooth transition helps kids feel safe to be themselves. They're not pawns between warring nations. "I try to have a good attitude," said Cindy, "but I can't help but come unglued if my ex-husband looks at me wrong."

Ah, therein lies part of the problem. Cindy makes the transition about her instead of about her children. She's on edge; she's ruminating about the past and she's taking personally his expressions. I'm glad that Cindy is aware of her vulnerability, but she has to grow beyond it. Make the transition smoother for your children by making it about them, not you. For FamilyLife Blended I'm Ron Deal.

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

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