

# FamilyLife Blended® Radio Transcript

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## Don't Get Caught in the Triangle

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**Ron:** When two people you love are in conflict—don't get caught in the triangle.

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

**Ron:** It doesn't matter who it is, don't take up their fight. Say, a child tells their biological parent something negative about the parent's spouse—the stepparent. Listen and acknowledge the child's feelings, now assuming there's no abuse going on, avoid taking responsibility for resolving the problem. That might inadvertently create an unhealthy alliance against your spouse—and don't speak up for your spouse or that might minimize the child's feelings. Either way you're still stuck in the middle and they aren't any closer to figuring this thing out.

Listen, validate, and then say: "Let's talk about how you two can work this out." 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. Help for today. Hope for tomorrow.

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