

High Conflict Relationships

Learn How to Identify the Red Flags



Many of us do not know how to identify the telltale signs of high conflict personalities, it's probably not something you have experienced before. However, something's not quite right in your relationship, and you are starting to ask questions, like *Is this normal?* That's probably why you are reading this article right now. You want more information to determine if you are in a high conflict situation. The good news is, high conflict personalities have four typical characteristics that can be easily spotted. Let's take a look at what those are.

1. Black and White Thinking - You will see this when a HCP (high conflict personality) wants something that you may not agree with. They will do everything in their power to get their way. Lying is a common tactic, even if it means disparaging you to your friends and family. And believe me, they can be quite persuasive. To them, it's all about winning. It's not so much about the issue at stake, it's more about being the winner of the argument.

2. Unmanaged Emotions - Oftentimes this appears as a verbally abusive response or an extreme reaction to a simple request by the non-HCP partner. A great way to understand "unmanaged emotion" is to ask the question, ***Is this how 90% of the population would react?*** If the answer is no, chances are you are dealing with a high conflict personality.

3. Extreme Behavior - HCPs can cut ties like no other. I have witnessed HCPs cut off a relationship with their own mother over a silly argument. It's a power move. They want to be in

1

BLACK-N-WHITE
THINKING

2

UNMANAGED
EMOTIONS

3

EXTREME BEHAVIOR
OR
THREATS

4

BLAMING OTHERS

control so what says “power” more than *I will no longer see you, nor will you see your grandchildren*. It’s beyond cruel, and it’s often why you hear HCPs are lacking the empathy chip.

4. Blame Others - HCPs blame others for their troubles, they are always the victim. Typically, they go after someone they love, like you! You become their target of blame, and you’re the reason for all their problems. Oftentimes, you become weary of arguing your case ad nauseam, and out of sheer exhaustion, you concede so that you can go to bed. You know you’re right, but you don’t have the energy to fight anymore.



Are you still questioning whether you are dealing with a HCP?

Let’s dig deeper. By looking at your partner’s words, emotions and beliefs you will be able to evaluate whether you are in a high conflict situation.

1. **Words** are powerful. Is the person in question using words of blame? Are they using *all or nothing* thinking? Do they make threats to you or others? What words do they use when they think that they have been wronged? Think of instances where they can hide behind a screen or on the telephone.
2. Your **emotions** will tell you a lot about the person. How do you feel around this person? Do they get you easily flustered? Are you a bit scared of their reaction? Do you feel isolated or alone?
3. Their **behavior** speaks volumes. Are they over-reacting to something that you do not think is a big deal? Have you seen them treat others in a negative or disparaging manner? Have they cut people out of their lives? Is your HCP using family court services as a platform to push their agenda, even if it’s distorted and untrue?



“If any of these traits are hitting home...

whatever you do, do not tell your partner s/he is a high conflict personality.

It never goes over well. What you can do is learn how to deal with them. Please understand you cannot change the high conflict person, but you can change the way you react to the person’s behavior.

You may be realizing that you are dealing with a HCP, and you’re asking yourself, *Where do I go from here?* There are coaches who focus on high conflict personalities, and I’m one of them. I also want to give credit to Bill Eddy, an expert in the field of HCPs. His material and books on the subject matter have given me the education and knowledge needed to help my clients in high conflict situations.

My name is India Kern, and I’m a Certified Divorce Coach and a Life Coach. I understand high conflict partners because I’ve had a lot of experience with HCPs. I can give you strategies to deal with your high conflict partner and help you devise a plan for your next steps forward.

Schedule your free 30-minute coaching consultation with India and see if coaching is a fit for you. connect@indiakern.com