



Stepmom 'Cheat' Sheet

An Emergency List of Responses

Comment/Action	Your True Reaction	A Preferable Reaction
"You are not my mother"	In your head, "Thank, G-d!"	You have a wonderful Mother. I agree. Silence. Walk away. Silence or cry.
"I don't have to listen to you."	No, I don't have to listen to you! This is not how a child talks to an adult!	Say nothing. This is a lose-lose. Respond with your actions (no, not physical response!) Continue on. Change the current activity and discussion. Don't fall into a power struggle. Breathe. Mantra, "My love is not measured by how people respond to my demands. Give me the creativity to have compassion."
"We don't have any chores at Mom's house." Children refuse to do chores. Room is a mess.	Bull.....This is my house. I refuse to live in an pig pen	Chores = fun. When it's time to do the dishes, put on fun music and start to do the dishes dance. (Music should be age appropriate) Have everyone join in! Best washer picks the music next time! Ice cream for everyone! (You get the idea). Close door to room. Connect don't correct.
Children are rude and Dad does nothing. Says nothing.	ARGHHHHHH!	Your spouse is terrified of losing the kids. Do not nag. Tell them one time at a calm moment. If you have been nagging, stop. 3 deep breaths. Leave the room. Glass of wine. Call a friend out of earshot. Run an errand. You do not do the disciplining. Leave that to parents. Here's your mantra, "There are many ways to parent and people still turn out ok. Please give me guidance to have patience." Love your partner up!
Mom does not keep to a schedule.	I have no life!	Tell your partner your feelings. After that, there is nothing you can do. Try to keep your appointments and try not to wait around. Breathe. Take pressure off and explain