

## The 4 F Model of the Divorce Coach and Child Specialist Team Member<sup>®</sup>

Shel Miller, Ph.D.

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- Forgive** (what happened in the *PAST*)
  1. Letting go is always a possibility, even if in the background when not yet ready (relinquish).
  2. Emphasis on kindness and mercy creates a positive energy and attitude.
  3. When from the heart, your forgiving helps you finish to this marital chapter of your life story.
  4. Forgiveness may need to be more the purview of therapy than divorce coaching.
  
- Focus** (in the *PRESENT* with control over one's emotions). Negotiate sensibly.
  1. Stay on concrete points of fact rather than negative emotions.
  2. Appeal to both your own and your partners strengths; overlook flaws.
  
- Forbearance or forbid** (in the *PRESENT* with control over one's own MOUTH).  
Resisting and showing abstinence, avoidance, endurance, fortitude, living with, moderation, patience, grace, refraining, restraint, self-control, temperance, tolerance
  1. Learn to say no to oneself and the other.
  2. Circumvent the negative energy
  
- Forge forward** (using your left brain and planning your *FUTURE*)
  1. Partner meetings are dignified business meetings
  2. Fumble free agenda.
  3. Niceness begets niceness.
  4. Healing energy and peace will be created

So lets all work together to facilitate forgiving, focusing, forbidding and forward forging -- when possible with a sense of humor. As Billy Crystal and Patch Adams have demonstrated, it can be done with other deaths. And it is possible when dealing with the metaphorical death of divorce. And if you are co-parents then your **commitment** to co-parenting can be stronger than your commitment was to your marriage!

Dr *Shel* is an Executive, Family and Divorce coach. As the Keep-It-Together Expert, his mission is to lift spirits by restoring hope and peace in families that are struggling. One way he does so is through psychological Family Event Coaching  
He may be reached at 617 731-9174 or [ShelMiller@rcn.com](mailto:ShelMiller@rcn.com)

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