



Family Law

CALL US - BEFORE
YOUR EX DOES!

A

Your objective here, is to create a space between you, where the conflict cools off. If you are communicating by telephone, tell him politely in writing that you will communicate only by text and email. Then stick with your decision. If he calls, do not answer – instead text him back asking him to text or email you.

This technique- switching from telephone conversations to texts or emails – often works to ease the conflict, as there is no verbal sparring and now there is a paper trail of what is being said, which generally leads to more polite behavior.

If he continues to be abusive via texts, tell

him you will not answer texts from him [unless it is an emergency with the children], and all communication will now be solely via email. Keep your conversations polite and short, and to the point.

If his email correspondence is still nasty, you can do several things:

- Have all communication proceed through a go between- such as a relative, or a lawyer
- On consent or with a Court order, use family wizard.com for all communication

Our next article – what to do if he is threatening you

Your friends at Shank Law



Roxanne C. Shank
LAWYER

Q

My ex is really nasty when he calls me. I have asked him to stop, but he persists. What can I do?



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