

Is this Parental Alienation?

A strategic self-check for fathers—and the professionals who support them.

Why This Diagnostic Exists

Not every conflict is alienation. But when a child begins rejecting one parent in ways that feel scripted, sudden, or fearful, it's worth paying attention. This diagnostic helps fathers and their legal or therapeutic teams to recognise patterns, document clearly, and decide what kind of support might be needed.

There's no accusation here. Just insight.

You can complete this alone or with a professional. Many fathers bring this tool to their lawyer, psychologist, or case conference to help anchor their experience in strategy, not blame.

Mark a X for any that apply:

Question Number	Reflection Questions	Result
1	My child used to be close with me, but now avoids or rejects contact	
2	The other parent speaks negatively about me to or around the child.	
3	My child uses adult or legal language that doesn't sound like their own.	
4	I'm following court orders, but still have limited or blocked access.	
5	I'm being accused of things that never happened—by both the child and the other parent.	
6	My child seems scared or anxious about being seen with me.	
7	Professionals seem unsure who to believe—and I feel erased.	

Your score: ___ | 7

Part 2: What Might Be Going On

Score Range	Phase	How Does it Look Now
0–2	Early Signals	These may be early signs of relational disruption. Stay steady, document everything, and seek legal clarity before reacting.
3–5	Pattern Disruption	You may be experiencing alienation behaviours—whether deliberate or incidental. These require containment and professional support.
6–7	Strategic Erasure	This may go beyond conflict. You're likely facing psychological or systemic pressure. Legal strategy and emotional regulation will be essential.

Part 3: What That Score Means

Depending on your score:

Score Range	What You Might Need
0–2	Clarity. Monitor behaviour, log all contact or refusals, and maintain child-focused communication
3–5	Support. Engage a professional who understands high-conflict co-parenting and emotional loyalty dynamics.
6–7	Strategy. You may need legal repositioning, psychological input, and strong internal regulation to protect your relationship with your child.

Part 4: Your Next Step

Anchor & Light supports men in post-court collapse, fatherhood disconnection, and emotional rebuild.

Anchor & Light supports fathers navigating parenting obstruction, identity grief, and strategic alienation dynamics.

If this diagnostic felt true:

- Save or print this document
- Share it with your legal or therapeutic team
- Book a **Rebuild Consult** to clarify your positioning

 DM us “Alienation” or visit: www.anchorandlight.life

Professional Usage Note

This resource is designed to support clarity and emotional steadiness during periods of transition or collapse. It does not constitute legal, clinical, financial, or therapeutic advice.

Please consult a qualified professional for advice specific to your circumstances.

This document may be distributed internally by therapists, lawyers, or HR professionals as a support resource. It is not a legal brief or clinical protocol.