

Eight Components of Parental Alienation

Depending on the severity of the alienation, a child may exhibit all or some of the following behaviours:

1. The child is aligned with the alienating parent in a campaign of denigration against the target parent, with the child making active contributions
2. Rationalizations for deprecating the target parent are often weak, frivolous or absurd
3. Animosity toward the rejected parent lacks the ambivalence normal to human relationships
4. The child asserts that the decision to reject the target parent is his or her own, sometimes called the *independent thinker phenomenon*
5. The child reflexively supports the parent with whom he or she is aligned
6. The child expresses guiltless disregard for the feelings of the target or hated parent
7. Borrowed scenarios are present, i.e. the child's statements reflect themes and terminology of the alienating parent
8. Animosity is spread to the extended family and others associated with the target parent.