

Ino sama

adult children  
of parental  
alienation  
syndrome

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## ***Introduction***

*Family relationships do not always develop smoothly, and any disagreement between parents will certainly affect the child.* The child often perceives the parental divorce as the collapse of the safe and

familiar world. In this crisis situation, psychologists advise the father and mother: no matter how difficult for you, pay more attention to the child. Talk to him, support him, don't leave him alone with new strong feelings and scary thoughts. Most

importantly, never force children to choose which parent is good and which is bad.

Such a forced division of parents into "good" and "bad" may simply become a trigger for the development of parental alienation syndrome.