

The Multidimensional Co-parenting Scale for Dissolved Relationships

Item

Overt Conflict

- Conversations between us are tense and/or sarcastic
- My former partner criticizes or belittles me
- Interactions with my former partner are unpleasant and/or uncomfortable
- During disagreements, I yell or scream at my former partner
- We express contempt or dislike for each other
- My former partner is sarcastic or makes jokes about my parenting

Support

- We have similar rules for our child
- We agree on general standards for our child's behavior
- My former partner is a resource to me in raising our child
- We have similar goals and expectations for our child
- We ask each other for advice and/or help in childrearing decisions
- We support each other during difficult parenting decisions

Self-Regulated Covert Conflict

- I criticize or belittle my former partner
- I ask our child about my former partner's personal life
- I am sarcastic or make jokes about my former partner's parenting
- Rather than expressing my opinions with him/her directly, I share my frustrations about my former partner with our child
- I try to show that I am better than my former partner with our child

Partner-Regulated Covert Conflict and Triangulation

- Rather than expressing his/her opinions with me directly, my former partner shares his/her frustrations about me with our child
 - When we argue, our child takes sides
 - My former partner sends messages to me through our child
 - My former partner asks our child about my personal life
 - Our child joins in or takes sides when my former partner and I disagree
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