DIVIDED PODCAST - Parental Alienation Survey

Your Support Needs & Personal Reflections

This questionnaire is designed to help you reflect on your current situation and identify what kind of support would be most helpful for you now and in the future.
By answering all—or even just a few—of the questions, we can better tailor the information and support we offer through *The Divided Podcast*. The podcast aims to meet these needs by creating a space for sharing, learning, and building a supportive community.

There will be opportunities for the development creative projects and healing practices which inspire connection, personal growth, alongside raising awareness of P.A amongst wider audiences.

Please use this sheet to reflect on your experience and current needs.

Basic Information

- Your Age: _____Your Gender: _____Child(ren)'s Age(s):_____
- Marital Status: Married / Separated (for how long?): _____

Initial Signs and Understanding

- At what age did your child(ren) begin to show signs of alienating behaviours?
- _____
- Did this occur gradually or suddenly?
- _____
- What do you believe were the main causes or contributing factors?
- _____

Your Experience So Far

- What are the key changes you've noticed in your child(ren) since this began?
- _____
- Have things improved or become more difficult over time?
- _____
- How did you initially respond to these changes?
- _____

Awareness and Adaptation

- What have you learned about Parental Alienation (PA)?
- _____
- Has this knowledge changed how you interact with your child(ren)?
- _____
- Have any approaches or strategies helped—or made things harder?

Communication and Support

- How are you talking about this with others (e.g. family, teachers, doctors, social workers)?
- _____
- Have you sought support? If yes, what kind?
- _____
- Has the support you've accessed been helpful? In what ways?
- _____

Legal and Alternative Actions

- Have you spoken to a solicitor or considered going to court?
- _____
- Would you prefer to find an alternative resolution, and if so, what might that look like?
- _____

Wellbeing and Moving Forward

- How are you taking care of your own mental and physical wellbeing during this time?
- _____
- What would help you the most right now?

Creative Reflections

If there's an image, artwork, poem, song, or any creative piece that expresses part of your experience with Parental Alienation, please feel free to describe it below or share a link. Your contributions may not only offer comfort or insight to others going through similar experiences but also contribute to creative projects to help raise more awareness of the impacts of P.A.