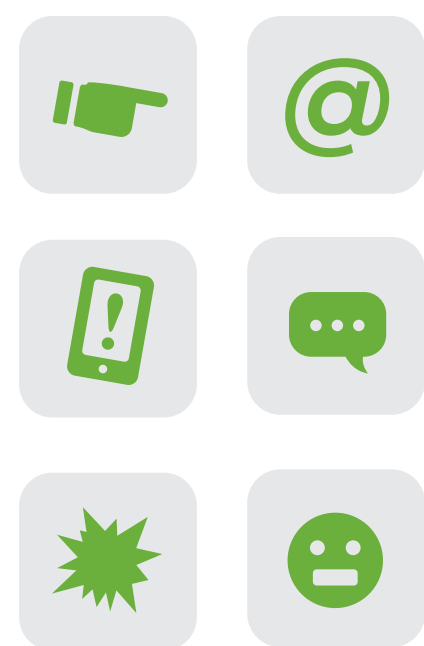


► TROUBLED WITH YOUR COPARENTING COMMUNICATIONS?

USE A BIFF RESPONSE[®]



WRITE IT, CHECK IT, BIFF IT

B

IS IT BRIEF?
KEEP IT SHORT

CHECK

I

IS IT INFORMATIVE?
STICK TO FACTS

CHECK

F

IS IT FRIENDLY?
TAKE OUT DIGS

CHECK

F

IS IT FIRM?
END THE CONVERSATION

CHECK

HAVE YOU DELETED? ADVICE ADMONISHMENTS APOLOGIES

FINAL STEP HAVE A TRUSTED PERSON
BIFF IT AGAIN BEFORE IT'S SENT

SEND