

LET'S TALK

CANNED RESPONSES FOR

A NARCISSIST



one
mom's
battle

CANNED RESPONSES

If you are involved in a high-conflict divorce or child custody situation, communication is critical. Many Domestic Violence (DV) advocates promote “Gray Rock” communication when dealing with a toxic (narcissistic) individual but when you have children together, you are under the family court microscope, so it is important to respond strategically while keeping the engagement to a minimum.

What are “Canned Responses?”

Canned responses allow you to respond unemotionally to toxic communication. The goal with this type of communication is to limit the back-and-forth engagement that the narcissist or sociopath craves. This type of high-conflict individual is known for attacks, accusations, projection, word salad, and gaslighting. We have compiled a list of canned responses that may prove helpful in diminishing conflict. Please remember that your attorney has the final say in your communication strategy so please seek his/her approval before implementing new tactics when it comes to what you are putting in writing.

1. “Your attempt to portray me in a negative light is noted.”
2. “I look forward to getting to a place in our co-parenting relationship where we can negotiate things like this. For the time being, I intend to follow the order written by Judge (XYZ).”
3. “This has nothing to do with the matter at hand,” (repeat question they're trying to distract you from).
4. “I know that is your perception, but it doesn't make it reality.”
5. “Your recent emails have been very condescending, accusatory and threatening. What I am perceiving to be malicious and intimidating communications from you, can be avoided if all communication regarding our children be kept business-like, non-harassing, and civil.”
6. “I do not agree with the veracity of much of what you have written but your attempt to portray me in a negative light is duly noted.”
7. “I do not feel these misrepresentations warrant a response and I see no purpose to this email other than to increase conflict. As such, I am noting my objection and your attempts to portray me in a negative light.”
8. “I do not agree with your portrayal of the event in question.”
9. “Your recollection of events differs greatly from mine.”
10. “Your version of these events albeit baseless and untrue, have been duly noted, documented, and cc'd to my attorney.”
11. “Your attempt to elicit a negative response from me has been noted.”
12. “Your response is noted.”

13. "Asked and answered."
14. "I am not going to participate in your perceived conflict. I will abide by the parenting plan."
15. "My personal life is none of your concern."
16. "I will keep you abreast of anything that affects our child as it comes up. Thanks for your concern."
17. "I will be following the court order as written."
18. "Thanks for letting me know your thoughts, I'll consider them."
19. "Please contact your lawyer to voice your concerns."
20. "Please refer to our most recent court orders dated (X/Y/2019)."
21. "How is this benefiting our children?"
22. "Thank you for voicing your concern."
23. "Your statement about (XYZ) lacks merit because (list facts)."
24. "Thank you for sharing your opinion."
25. "I'm sorry you feel that way."
26. "As stated in an earlier email... (restate the facts of previous answers)."
27. "Our parenting plan states (XYZ) and I will continue to comply with the court ordered parenting plan as consistency is in the best interest of our child."
28. "Your refusal to engage in effective communication is noted."
29. "Aggressive and demanding communication shuts down all efforts to co-parent and directly harms our children."
30. In response to threats, "If that is what you feel you must do, I understand."
31. "I'm sorry you feel that way. Now can we discuss the children?"
32. "Let's move forward."
33. "Your opinion is not supported by our court order."
34. "We have a child to co-parent, so your outbursts aren't productive. I would suggest that when you have those feeling you should call a friend or put that in a journal."
35. "Your portrayal of these events is noted. If you would like to discuss this matter further, you may contact my attorney at the email address provided to you."
36. "Your attempt to manipulate my intention is noted."
37. "We have reached an impasse of opinion."
38. "I am not able to accommodate what isn't sited in the court order."
39. "It is my preference to not debate the issue, rather just to resolve it efficiently."
40. "Yes," "No," "Very Good," or "Thank You."
41. "You may access that information at your convenience by signing up for the school's online portal."
42. "Received," or, "Interesting."
43. "Just to be clear, you are choosing not to follow the court order dated March 3, 2003?"
44. "Thank you for your prompt attention to this matter."
45. "If I don't hear back from you by May 1st, I will assume we are in agreement on this matter."
46. "Please provide a copy of the _____ that you reference."
47. "Your attempt to elicit a negative response is noted."
48. "Your allegations are untrue, but I do not wish to engage in an argument."
49. "I will only read and respond to productive communication that will support and foster co-parenting. No further communication will be sent on this topic."
50. "It's not about our feelings on the matter, this is how the kids understand it and feel about it."