

**EVIDEXI**

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FREE PLAYBOOK

# How to Respond Without Escalating

Your silence is a weapon. Your words are evidence.

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Scripts and frameworks for texts, emails, and in-person exchanges that keep you out of trouble and in the court's good graces.

**14 PAGES · PDF · FREE**

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Document. Organize. Prepare for court.

# What's Inside

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## Who This Playbook Is For

Parents who keep getting pulled into arguments, firing off emotional texts, or saying things they regret. This gives you the scripts so you stop improvising.

# The 24-Hour Rule (And When to Break It)

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The 24-hour rule is simple: when you receive a provocative message from your co-parent, wait 24 hours before responding. This single habit prevents more damage than any other strategy.

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## Why It Works

Your first reaction to a provocative message is emotional. Emotional responses become evidence. The version of you that responds 24 hours later is calmer, more strategic, and less likely to say something you will regret.

- Anger fades. Strategy does not.
- The message you draft at 2am is never the one you should send
- Most provocations are designed to get an immediate reaction. Denying that reaction is a win.

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## When to Break the Rule:

- Genuine emergencies involving child safety
- Time-sensitive scheduling logistics (pick-up in 2 hours)
- Messages from attorneys that have deadlines

### PRO TIP

For everything else: wait. Read it. Feel the feelings. Draft a response. Sleep on it. Edit. Send the BIFF version the next day.

# Text Response Scripts: 15 Real Scenarios

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These scripts cover the most common text provocations. Modify them to fit your voice, but keep the structure: brief, factual, no emotion.

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## Schedule Conflicts:

"I need to switch weekends." → "Let me check my calendar and get back to you by [time]."

"I am keeping the kids an extra day." → "Our schedule says [day/time]. I will be at the scheduled location for pick-up."

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## Personal Attacks:

"You are the worst parent." → No response required. Document it.

"Everyone feels sorry for our kids." → No response required. Document it.

"You are going to lose in court." → "I will continue to follow our current orders."

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## Financial Issues:

"I am not paying for that." → "Per our agreement, [specific reference]. Please let me know how you would like to handle it."

"You waste all the child support." → No response required. Document it.

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## Children-Related:

"The kids do not want to come to your house." → "I will be at the pick-up location at [time] as scheduled."

"You need to change your parenting style." → "Thank you for sharing your perspective."

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## Boundary Violations:

"I need to come inside your house." → "We can handle exchanges at the door/in public."

"Tell me where you are going this weekend." → "The children will be safe and cared for during my parenting time."

### PRO TIP

Notice the pattern: acknowledge or redirect, stick to the plan, and close the conversation. No defending, no explaining, no counter-attacking.

# Email Templates for Common Requests

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Email is often better than texting for important matters because it creates a clearer record and encourages longer, more thoughtful responses.

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## Schedule Change Request:

"Hi [Name], I am writing to request a schedule adjustment for [specific dates]. I would like to propose [specific alternative]. Please let me know by [date] if this works for you. Thank you."

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## Medical Decision:

"Hi [Name], [Child's] doctor has recommended [treatment/appointment]. The appointment is scheduled for [date/time] at [location]. Please let me know if you have any questions. I will proceed with the recommendation unless I hear otherwise by [date]."

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## Documenting a Violation:

"Hi [Name], I am writing to document that [specific factual description of violation] on [date] at [time]. Per our parenting plan, [reference to specific provision]. Please ensure we follow the agreed-upon schedule going forward. Thank you."

### PRO TIP

Always keep emails professional. Assume every email will be read aloud in court, because it might be.

# Handling In-Person Provocations

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Exchanges, school events, and sports games can become conflict zones. Here is how to stay in control.

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## At Exchanges:

- Keep exchanges brief. "Hi. Here is their bag. See you Sunday." That is it.
- Do not engage in conversation about unresolved issues
- If they start an argument, say "We can discuss this by email" and walk away
- Have a witness present or use a public location

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## At School Events:

- You both have the right to be there. Acknowledge them politely if needed, then focus on your child.
- Sit separately. Do not force interaction.
- If they approach with conflict, say "This is [child's] event. We can talk about that later."

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## At Sports/Activities:

- Same rules. Be polite, be present for your child, and avoid engagement.
- Do not compete for the child's attention at their events
- If others ask about the situation, keep it vague: "We are working through things."

### PRO TIP

Your children are watching. How you handle these moments teaches them more about conflict resolution than anything you could ever say.

# What to Do When They CC Their Attorney

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When your co-parent starts CC'ing their attorney on emails, it is an intimidation tactic. Here is how to handle it.

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## Do Not Panic

CC'ing an attorney does not mean they are filing something. It often means they want you to feel scared and reactive. Do not give them that satisfaction.

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## Your Response:

- Respond normally using BIFF: brief, informative, friendly, firm
- Do not change your tone or become more formal just because an attorney is watching
- Do not address the attorney directly unless they write to you
- Forward the exchange to your own attorney for their file

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## If You Do Not Have an Attorney:

- An attorney on CC does not change your obligations or rights
- Continue responding calmly and factually
- Consider consulting with an attorney if the pattern escalates

### PRO TIP

The CC is theater. Do not let it change your strategy. If anything, having an attorney reading the exchange is motivation to keep your messages perfectly clean and professional.

# The "Broken Record" Technique

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When your co-parent tries to pull you into a debate, repeat the same calm response until they stop.

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## How It Works:

Them: "You need to let me have the kids this weekend." You: "Our schedule shows it is my weekend. I will follow the parenting plan."

Them: "But I already told them they are coming here!" You: "I understand. Our schedule shows it is my weekend. I will follow the parenting plan."

Them: "You are being unreasonable!" You: "I will follow the parenting plan. If you would like to discuss a schedule change, we can do that by email."

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## Why It Works:

- It removes all material for an argument
- It shows the court you are consistent and compliant
- It frustrates the other person into giving up (eventually)
- It prevents you from saying something regrettable

### PRO TIP

Broken record is boring. That is the point. Boring is safe. Boring does not get used against you in court.

# When No Response IS the Response

Sometimes the most powerful thing you can say is nothing at all.

## Messages That Deserve Silence:

- Pure insults with no actionable content
- Rants and emotional dumps
- Attempts to relitigate past arguments
- Threats designed to provoke (not credible threats, which get documented and reported)
- Multiple messages sent in rapid succession after you already responded once

## The Rules of Silence:

- Always document the messages you do not respond to
- If the same topic comes up at multiple messages, one BIFF response covers them all
- Silence is not ignoring safety concerns, so always respond to those
- If a judge asks why you did not respond, "The message did not contain any scheduling or child welfare content that required a response" is a perfectly valid answer

### PRO TIP

Your silence speaks volumes. It says: "I am not available for conflict. I am only available for co-parenting."

# Building a Communication Log

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A communication log tracks all exchanges with your co-parent. It becomes invaluable evidence over time.

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## What to Track:

- Date and time of every communication
- Method (text, email, phone, in-person, through kids)
- Summary of content
- Your response (or note that no response was needed)
- Any evidence attached (screenshots, etc.)

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## Why It Matters:

- Shows patterns: "85% of communications are initiated by co-parent. 60% contain personal attacks. 0% of my responses contain personal attacks."
- Proves you are the reasonable parent
- Provides context for specific incidents
- Helps your attorney prepare for hearings quickly

### PRO TIP

Evidexi makes this automatic. Every logged communication is timestamped, categorized, and searchable. No spreadsheets needed.

Your communication log is one of the most powerful documents you can bring to court. It shows, in black and white, who is cooperative and who is creating conflict.

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# **This playbook teaches the framework.**

## **The app helps you do it daily.**

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Evidexi helps you document, organize, and prepare for court, all in one place.

**Try Evidexi Free**

[app.evidexi.com](https://app.evidexi.com)

- Log incidents with timestamps and details
- Organize evidence by category and date
- Track custody schedule and violations
- Generate court-ready reports
- Keep everything secure and private

Free to start. No credit card required.

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