

Parent Coach Specializing in Custody Battles Reveals Decision Filter

The Center for Family Resolution introduces a self-trust check for moms stuck second-guessing divorce decisions.

COLUMBUS, OH, UNITED STATES, August 13, 2026 /EINPresswire.com/ -- [The Center for Family Resolution](#) today revealed the What's True for You Decision Filter, a self-trust check founder Amy Armstrong uses to help moms stop looping on decisions and start moving. Armstrong, a parent coach and mediator who trains family court judges nationally, walked through the filter during a new appearance on the [We Chat Divorce Podcast](#) with hosts Karen Chellew and Catherine Shanahan. The firm's clients are moms and dads whose custody cases have hardened into years of conflict.

Women in divorce are not short on advice. They are buried in it, from attorneys, friends, family and now AI tools that answer confidently without knowing anything about the marriage. Armstrong says the volume is the problem, because no amount of outside input tells a woman which choice is actually right for her.

The filter exists to answer that question fast. Armstrong built it after her own divorce, when she let her husband build her household budget and let her father pick her attorney. Neither decision was hers, and neither one held.

"If you are ruminating, that is a sign that you don't trust yourself," Armstrong said during her appearance on the We Chat Divorce Podcast. Fear shrinks thinking, she added, so the bigger the decision feels, the less access a woman has to her own judgment.

The What's True for You Decision Filter starts before any decision gets made, with an audit of



Amy Armstrong, Founder of The Center for Family Resolution and Creator of the VOICE Boundary Framework

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who a woman is talking to. Armstrong tells clients to keep support people who hold a positive vision of their future and release the ones offering to help them bash an ex or win at any cost. A real support person reminds a woman who she is while divorce is telling her otherwise.

Next comes practice on decisions small enough to get wrong. Armstrong encourages clients to use simple tasks

such as grocery shopping or picking a friend to go out to dinner to discern personal preferences, because nobody rebuilds judgment for the first time on a custody question. She also tracks how often a client says "I don't know" in a day and treats the tally as a readout on self-trust.

Then comes speed. A decision a woman trusts herself on lands quickly as yes, no or later, and later counts as a real answer that closes the loop. Anything with sufficient information still spinning after a week is not a hard decision, Armstrong says, it is a trust problem.

The filter also flips the question most women ask. Because people name what they do not want far more easily than what they do want, Armstrong has clients catch themselves saying “no”, “can’t” or “I have no choice,” then answer something harder: what would a good day actually look like? One mother in her Tuesday group stopped describing her ex as too volatile and started saying she was preserving her energy and stepping away from tense conversations.

That shift is where boundaries come from, and it is what makes the work cheaper than litigation. One client came to The Center for Family Resolution after spending \$80,000 in court and resolved in 90 days what two years of filings had not.

Host Karen Chellew tied the filter back to what she watches clients struggle with daily. "You can't protect yourself if you don't trust yourself," Chellew said during the episode.

Amy Armstrong, LISW-S, has built two organizations, The Center for Family Resolution for parents and the Center for Coach Development for practitioners.

She is writing a chapter on coaching for a book the American Bar Association will publish next year, arguing that people need to be oriented to themselves before anyone orients them to the legal process. Judge training runs alongside both, and she holds a seat on court reform committees for the Supreme Court of Ohio.

Armstrong is the author of *Real-Time Parenting* and the forthcoming *Boundary Basics: Practical Steps to Keep Your Cool and Resolve Conflict*, out this year.

Her work has appeared in *The New York Times* and on CBS among other networks. The filter is taught inside the Co-Parenting POWER Method for Moms, her group coaching program, where

POWER stands for Personal Ownership with Emotional Regulation.

Moms who want the full What's True for You Decision Filter can find it at www.thecenterforfamilyresolution.com.

About The Center for Family Resolution

Parents in high-conflict custody cases come to The Center for Family Resolution when litigation has stopped working. Founded by parent coach Amy Armstrong, LISW-S, the practice offers group coaching, co-parent coaching, parenting coordination and mediation to moms and dads across the United States. It runs on a premise family court veterans usually learn the expensive way: no ruling can hand a parent back her own judgment.

Amy Armstrong

The Center for Family Resolution

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