



BE A BETTER CO-PARENT

"Let's raise children who won't have to recover from their childhoods." - Pam Leo

What would make how I'm co-parenting right now easier... _____

What would be the worst possible outcome if I _____



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"Your Ex is not your child's Ex..." -DK Simonean

What has been our biggest win as co-parents... _____

When was the last time I was wrong in our co-parenting relationship... _____

What could I do or what did I do when I was wrong in our co-parenting relationship... _____



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“When you focus only on problems, you will have more problems. When you focus on solutions, you will have more possibilities.” – Garin D. Vick

How will this decision I am making today effect my children in 5 years... _____

Write about a difficult time in your life before your divorce and how you overcame it.



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"Sometimes what is right for your children may not be what is right for you." – Garin D. Vick

Describe a time during your divorce and/or as a co-parent when you failed. What did you learn from it? _____

What are three of the biggest lessons you've learned from co-parenting? _____



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“The best security blanket a child can have is parents who respect each other.” – Jane Blaustone

Describe how you can maintain your values as a co-parent? _____

What have you gained from being divorced? _____



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“Trying to understand why your Ex did something will drive you crazy...let it go, your peace is more important.” – Garin D. Vick

What has been positive about going through your divorce? _____

How has your divorce made you a better parent? _____



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"To be in your children's memories tomorrow, you have to be in their lives today" – Barbara Johnson

How have you shown courage in your divorce? _____

In what ways do you wish you were more courageous? _____

What is your favorite memory of the other co-parent? _____



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"Don't worry that children never listen to you; worry that they are always watching you."

– Robert Fulghum

What makes you happier, to forgive someone or to hate someone forever? _____

List 5 uncomfortable co-parenting situations, and 5 ways to feel more comfortable in these co-parenting situations.

1.) _____

2.) _____

3.) _____

4.) _____



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“Co-parenting is not asking permission. It’s about discussing your child’s needs and wants and deciding what’s best.” - Anonymous

5.) _____

Describe a time during your divorce and/or as a co-parent when you failed. What did you learn from it? _____

What are three of the biggest lessons you’ve learned from co-parenting?

1.) _____

2.) _____

3.) _____



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“Great co-parenting happens when you start controlling yourself and stop trying to control the other parent.” – Garin D. Vick

Am I meeting my needs or my child's needs? _____

What would it be like to be my child at this moment? _____

Is this the memory I want to create for my child? Yes ____ or No ____ What do I want his/her memory to be? _____



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“Co-parenting demands that the child perceive both parents as actively involved in making decisions about them.” – Ed Farber

Who is helping our child with the confusion, fear, and sadness that all children feel at this time? _____

Am I taking or making opportunities to talk with my child openly about how they are feeling? _____

What are the hopes we (the other co-parent) share for our children and their future?



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"Right now, you are creating your child's memories." – Garin D. Vick

How would I react if my Ex did or said what I'm about to do? _____

Would this be information I would want to know as a parent? If yes, then share it. So, why aren't you sharing it? _____

How does it help my child by putting down their mom/dad... _____



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"I thought about quitting, but then // noticed who was watching." - Luxquotes

How might it make my child feel by talking badly of the other parent... _____

How does it help my child by causing their mom/dad to struggle financially? _____

If I do this, will I regret it later? Why? _____



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"It made a big difference in my life to grow up with a dad who wasn't afraid of how great my mom was." - Dr. Steve Maraboli

Would I be embarrassed if I said this or did this in front of my friends, "the judge" or someone I look up to or admire as a person? _____

Is fear making this decision or am I making it? If so, what am I afraid of... _____

Will I like myself after this decision? If not, what can I do differently? _____



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"Keep going, you are getting there." - Unknown

Have I thought of the consequences for my behavior? Not just for me, but for my children, the co-parenting relationship, and others who may be involved? Will I be able to deal with the consequences of my behavior?

Consequences for children: _____

Consequences for me: _____

Consequences for our co-parenting relationship: _____



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“Children have the right to a positive relationship with both parents.” - Unknown

A year from now (or later), if I decide to do fill in the blank, what might this look like..

What's the worst-case outcome by doing or not doing... _____



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"Life becomes easier when you learn to accept an apology you never got." – Robert Brault

What would I tell a friend to do? _____

Describe 10 ways you could keep your child out of the middle of your divorce...

1.) _____

2.) _____

3.) _____

4.) _____

5.) _____

6.) _____

7.) _____



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"Forgiveness means giving up all hope for a better past." - Lily Tomlin

8.) _____

9.) _____

10.) _____