

DIVORCED HAPPILY EVER AFTER

Parents Collaborating = Children Thriving

The Quick & Easy “Am I Showing That I CARE?” Checklist

When dealing with anyone or anything related to your separation or divorce, ask yourself these 4 simple questions before making a decision or taking an action:

Am I...

Collaborating or Competing?

- 😊 You're collaborating if you're looking at the situation from all sides, without judgment, and choosing a solution that considers everyone's best interest (think cooperation, compromise, give-and-take)
- 😞 You're competing if you're trying to “win” or come out ahead, or make your ex look bad

Am I...

Aligned with my vision for a healthy environment for my kids and myself?

- 😊 You're aligned with what you truly want for you and your children if this choice strengthens your ability to communicate and cooperate with your ex, and clearly shows your desire to be a good model for your kids
- 😞 You're out of alignment if you know your choice will create drama, add more stress to your situation, or put your kids in the middle

Am I...

Responding or Reacting?

- 😊 You're responding if you have taken some time to breathe and take in the situation so you can think about it logically and with compassion
- 😞 You're reacting if you feel it in your body (heart beating fast, tightness in your chest, stomach churning, the desire to punch someone or something), or you find yourself yelling, cursing, whining or complaining

Am I...

Emotionally charged?

- 😊 You're making a decision based on emotion if you're trying to get back at your ex (anger), or worried about what might be coming next (fear) or letting your ex do whatever they want (guilt or fear)
- 😞 You're not emotionally charged if you have a sense of clarity about your decision and you are able to calmly weigh the costs and benefits

Do you CARE??