



SOAQ Co-Parenting Clarity Worksheet

For navigating communication, boundaries, and emotional balance

Today's Situation

What happened or what needs to be addressed?

What is the actual issue? (Stick to facts, not feelings)

Example: "School pickup time changed without notice"

My Emotional Reaction (Be honest, no judgment)

How did this make you feel?

- Angry
- Frustrated
- Anxious
- Overwhelmed
- Hurt
- Other: _____

Pause & Regulate

Before responding:

- I have taken a breath
- I am calm enough to respond, not react
- I am focusing on the child, not the conflict

What outcome do I want?

(Be clear and child-focused)



Now we move from emotion to action.....

My Boundary

What am I no longer accepting?

My Response (BIFF Style)

(Brief, Informative, Friendly, Firm)

“Hi, I will collect the children at 5pm as agreed. Please confirm. Thank you.”

Write your message:

Check Before Sending

- Is it brief?
- Is it focused on the child?
- Is it free from emotion or blame?
- Would I be okay with this being read in court?

Let It Go

After sending:

- I will not over-explain
- I will not chase a response
- I will protect my peace

Affirmation

I can co-parent without chaos. I choose peace, clarity, and boundaries.



Reflection + Affirmation Page

"Your Peace Matters Too"

Check In With Yourself

What felt challenging this week?

What did I handle better than before?

What triggered me, and what was underneath that feeling?

My Growth

What boundary did I hold (or try to hold)?

Where did I choose peace over reacting?

What am I learning about myself through this process?

Reframe the Moment

Instead of blaming myself, I can say:

One thing I need to remind myself when things feel overwhelming:



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Looking Ahead

What will I do differently next time?

What is one small action I can take to protect my peace this week?

Affirmations (Read Slowly)

- *I do not need conflict to communicate.*
- *I am allowed to respond, not react.*
- *I protect my peace without guilt.*
- *I can be calm, clear, and firm at the same time.*
- *I am learning, even on the hard days.*
- *I am not responsible for their behaviour, only my response.*
- *I choose clarity over chaos.*



*I am not where I used to be.
I am learning to respond with strength, not survival.
My peace is mine to protect.*

