

Worksheet 2: Co-Parenting Check-In

Focus on the practical side of co-parenting and what's working (or not).

What's working well in our co-parenting arrangement right now?

What's not working well?

The schedule is:

- ☐ Clear and easy to follow
- ☐ Confusing and stressful
- ☐ Mostly ok but needs tweaks

One change that would make the schedule easier for everyone:

How do our kids seem to feel about the current arrangement?

A question I've been wanting to ask my ex but haven't:

A compliment I could genuinely give my ex as a co-parent:

One thing I'll let go of this week (even if I'm right):

