

UNBROKEN WITH YAY

You aren't broken. You're just in the middle of a rebuild.

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WORKSHEET 07: THE DEFAULT PARENT

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THE "ASSUMED RESPONSIBILITY" *List*

If you are the default parent, your brain is a browser with 100 tabs open. You don't just "do" the parenting; you **manage** the entire existence of your children.

List 5 things you did this week that were "invisible." (Tasks that aren't fun, aren't thanked, but keep the ship sailing—e.g., checking school portal, buying the next size up in shoes, remembering it's library day, refilling the toothpaste).

1. _____

2. _____

3. _____

4. _____

5. _____

TABLE OF THE "HERO" VS. THE "ANCHOR" CONTENT



THE "HERO" VS. THE "ANCHOR"

It is painful when kids put an absent parent on a pedestal. It happens because absence leaves room for imagination, while presence is full of "boring" reality (rules, veggies, and bedtimes).

Reflect on the "Ugly" Work: Write down one specific boundary or rule you enforced this week that caused friction (a "ball-buster" moment) but was the right thing to do for your child's future.

Example: Making them finish their homework instead of playing Xbox.

My "Right Thing" was:

Why it matters for their future self:

THE "YES" TEST

Think about the last time you were invited somewhere or wanted to do something for yourself.



DID YOU HAVE TO MENTALLY CHECK FIVE DIFFERENT SCHEDULES BEFORE ANSWERING?



DID YOU HAVE TO ARRANGE CHILDCARE, MEALS, AND OUTFITS JUST TO LEAVE FOR TWO HOURS?

Acknowledge the Weight: "I carry the assumed responsibility. This doesn't make me a 'boring' parent; it makes me the CEO of this family's safety."

THE "ONE DAY" VISION

Most of us didn't realize everything our parents did for us until we had our own children. Your kids can't see your invisible work yet because they are safely tucked inside the world you've built for them.

Finish these sentences:

1. One day, my children will realize that my "boring" consistency was actually

2. I am willing to do the "hard yards" now because I am raising ----- (e.g., a healthy adult, a regulated human, a kind soul).

MANTRA



"I am the reality they can rely on. I am the anchor, not the shadow. My presence is the greatest gift, even when it's invisible."

Stop seeing yourself as the bad cop and see yourself as the CEO

