

# UNBROKEN WITH YAY

PODCAST EPISODE 12: BROKEN PROMISES & CO-PARENTING FALLOUT

*"You cannot fix a broken promise you didn't make.  
Your job is to be your child's safety net, not your  
ex's emotional shield."*

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## WORKSHEET 12: THE MENTAL LOAD AUDIT

Disclaimer: The information provided in this worksheet and the associated podcast is of a general nature only. It has been prepared without taking into account your individual objectives, legal circumstances, or personal needs. While this content is based on extensive learned experience and peer-informed strategy, it does not constitute professional advice. You should consider the appropriateness of this information and seek independent professional advice tailored to your specific situation before taking any action.



# The "Anchor Mentality"

When a co-parent is "big talk and low action," our instinct is to overcompensate. We chase them to care, send "friendly reminders" about school events, and buy the replacement toys to save our kids from heartbreak.

But when you over-function, two things happen: you drain your own life force, and you prevent your children from seeing the truth. By stepping back and letting the disappointment land exactly where it falls, you give up the exhausting job of being the middleman. You stop managing an adult, and you become the steady, grounded anchor your kids can actually rely on.

**The Goal:** To stop protecting your ex from the consequences of their choices, and start protecting your own peace.

# The "I Am Not Your P.A."

# CHECKLIST

It's time to officially resign from managing your ex's parenting schedule. Review the list below and check off what you are dropping the rope on today:

- THE INFORMATION CHASE: NO MORE FORWARDING SCHOOL PORTALS, EMAILS, OR NEWSLETTERS. WE HAVE THE SAME ACCESS TO THE SAME INFORMATION.**
- THE CALENDAR REMINDERS: NO MORE TEXT ALERTS ABOUT SCHOOL PHOTOS, SPORTS CARNIVALS, OR DENTAL APPOINTMENTS.**
- THE "CARING" PUSH: NO MORE BEGGING OR CONVINCING THEM TO SHOW UP TO THE SCHOOL MUSICAL OR WEEKEND GAMES.**
- THE EMOTIONAL SHIELDING: NO MORE MAKING UP EXCUSES FOR WHY THEY CALLED LATE, MISSED A WEEKEND, OR FORGOT A SPECIAL DAY.**

# THE DISAPPOINTMENT *Scripts*

WHEN THE OTHER PARENT BREAKS A PROMISE, YOUR CHILD WILL HAVE BIG FEELINGS. YOUR JOB IS NOT TO FIX THE PROBLEM ON BEHALF OF YOUR EX; IT'S TO HOLD YOUR CHILD'S HAND WHILE THEY JOURNEY THROUGH IT. USE THESE SCRIPTS TO VALIDATE THEM WITHOUT ABSORBING THE BLAME:

- **The Validation Script (When plans fall through):** "It is completely okay to feel disappointed and upset right now. It is really hard when plans change. I am right here for a big hug, and let's figure out what we want to do for dinner tonight."
- **The Reality Script (When they are "big talk"):** "I hear how excited you are about that big trip/gift Dad/Mum talked about. We will just wait and see when it happens. But right now, let's focus on what we have planned for this weekend."
- **The Safe Ground Script (When routines are undermined):** "I understand the rules are different at Dad's/Mum's house. But in this house, we follow this routine because it keeps you safe and helps your brain feel ready. You can always count on things being steady here."

# The Mental Capacity INVENTORY

Identify where you are currently over-functioning so you can scale back and reclaim your peace.

**WHERE AM I CURRENTLY OVERCOMPENSATING OR TRYING TO "SAVE" MY KIDS FROM MY EX'S LOW ACTION? (E.G., BUYING A REPLACEMENT GIFT WHEN THEY FORGOT, DOUBLE-BOOKING EVENTS JUST IN CASE THEY CANCEL).**

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**WHAT IS ONE PIECE OF ADMIN OR CHASING THAT I AM OFFICIALLY STOPPING TODAY?**

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**WHAT WILL I DO WITH THE MENTAL CAPACITY I GET BACK? (E.G., A QUIET BATH, EATING MY CEO BONUS CHOCOLATE IN PEACE, BEING MORE PRESENT WITH MY KIDS).**

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# THE "DROP THE ROPE" COMMITMENT



I am not in charge of making another adult care about their children. I will stop fixing, reminding, and overcompensating. I will let the disappointment land where it belongs, trust that my kids will learn who we both are over time, and focus 100% of my energy on my own household, my kids, and myself.

MY SIGNATURE:

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