

UNBROKEN WITH YAY

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

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WORKSHEET 05: PARALLEL PARENTING

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YOU DON'T HAVE JURISDICTION IN THEIR COUNTRY:

Do you spend your Sunday evenings feeling sick because you know they've been eating junk food or staying up late? Or do you spend your 'off-duty' time hovering over your phone, waiting for a text from the kids or wondering if you should 'just check in' to see if they're okay? If you are policing their borders or constantly calling across them, you aren't actually free. Today, we are reclaiming your sanity by cutting the tether.

THE "UNNECESSARY CONTACT" TRAP

- The Hard Truth: "We often tell ourselves we are 'checking in' for the kids, but usually, we are checking in to soothe our own anxiety. If there is a true emergency, you will be notified. Everything else? It's unnecessary."
- The Impact on Kids: "When you call or text the kids while they are at the other house, you are forcing them to 'switch countries' emotionally. You are making them pull their focus away from where they are to manage your feelings. Let them be present there, so they can be fully present when they are with you."
- The Jurisdiction Rule: "If it's not your time, it's not your territory. Stop the 'just checking in' texts. Stop the 'did they wear their coat' emails. If you don't have jurisdiction, you don't have a reason to call."

THE "NO-CONTACT" AUDIT

WHY AM I REACHING OUT? NEXT TIME YOU GO TO TEXT THE EX OR THE KIDS DURING THEIR TIME, ASK YOURSELF:

- IS THIS A **MEDICAL EMERGENCY?**
- IS THIS A **LOGISTICAL NECESSITY** (E.G., A CHANGE TO HANDOVER TIME)?
- **IF THE ANSWER IS NO:** PUT THE PHONE DOWN. YOU ARE CROSSING A BORDER YOU DON'T OWN.

The Serenity Prayer

BEFORE YOU FILL OUT YOUR LIST, READ THIS ALOUD:

"GOD, GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE, COURAGE TO CHANGE THE THINGS I CAN, AND WISDOM TO KNOW THE DIFFERENCE."

The Tool:

THE "DROP-IT" LIST

LIST THE 5 THINGS YOU ARE OFFICIALLY "DECOMMISSIONING" FROM YOUR MENTAL LOAD. BY WRITING THEM HERE, YOU ARE AGREEING THAT THEY ARE **OUTSIDE YOUR JURISDICTION**.

01. **CONTACTING THE KIDS/EX:** I WILL STOP THE "CHECK-IN" CALLS AND TEXTS. IF THEY ARE SAFE, THEY ARE FINE.

02. **BEDTIMES:** THEIR HOUSE, THEIR CLOCK.

03. **DIET/SUGAR:** THEIR HOUSE, THEIR MENU.

04. **SCREEN TIME:** I CANNOT UNPLUG A TV FROM ANOTHER POSTCODE.

05. **(YOUR CHOICE: LAUNDRY, HOMEWORK, ETC.)**



The Script:
**FOR YOU
(THE MANTRA)**

When the urge to "check in" hits, say this to yourself:

**"NO NEWS IS GOOD NEWS. MY KIDS
ARE RESILIENT, AND I AM
RECLAIMING MY TIME. I WILL SEE
THEM AT HANDOVER, AND UNTIL
THEN, I AM OFF-DUTY."**