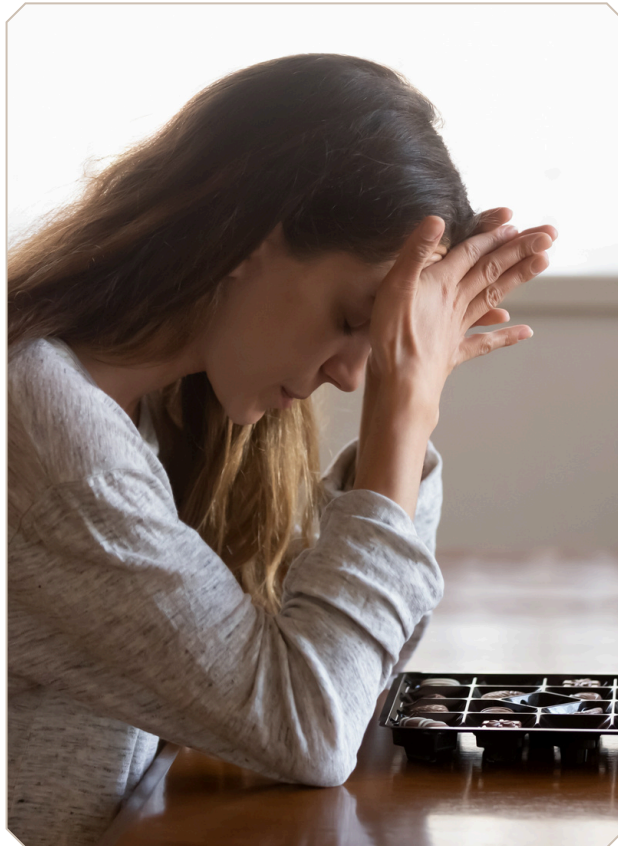


UNBROKEN WITH YAY

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

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WORKSHEET 06: REFRAMING THE GUILT TRIP

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.



MOVE FROM "emotional guilt" (FEELING BAD) TO "LOGICAL REALITY" (SEEING THE TRUTH)

THE "TWO TRUTHS" EXERCISE

When you feel pulled between two choices (like work vs. home), fill this
out:

The Guilt says: "I am failing them because I am at work/after-
school care."

The Reality is: "I am providing a future for them AND showing them
the value of hard work."

Your Turn: I feel guilty about _____, BUT the
truth

THE ADULT STUFF FILTER

When your child brings home "heavy" information or comments from their
other parent, use this checklist before you respond:

- Is this my burden to carry? (No)
- Does my child need to solve this? (No)
- My Response: "I'm sorry you heard that, but that's for the grown-
ups to figure out. Let's go [insert kid activity]."

THE "KID LOGIC"

Reminder



List three things your child has "guilted" you for in the last week that have nothing to do with the separation (e.g., "You didn't buy the blue sprinkles," "I don't want to brush my teeth").

1. _____

2. _____

3. _____

If they guilt you about the small stuff, they'll guilt you about the big stuff. It's their job to push; it's your job to hold the line with love.

MANTRA



AFFIRMATION FOR THE "MUMMY TIME" SHIFT

Write this somewhere you can see it:

"I am one person. I cannot be the provider and the stay-at-home parent at the exact same moment. Choosing one for a season is not a failure; it is a strategy."