Not everything deserves a response.

Lesson 10 / Advanced Boundaries / page 60

Unless it’s an emergency, take some time before you answer. You can be upset and still choose what you say. Answer what needs an answer. You don’t have to respond to every comment.

What did they say, and how did it make you feel?

What do you want to say back? Write it here first.

What actually needs a response?

IN THE JOURNAL



Start with Before the First Bell for the practical checklists. Start with what you need now.

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Co-Parenting Communication

Selected passages / pages 26–27

Especially at the beginning, build systems that answer routine questions before anyone has to ask. Follow your court orders and any safety arrangements.

Create a shared calendar just for the kids

- ☐ Put everything on it: the parenting schedule, school, practices, games, appointments, and birthdays.
- ☐ Add the details inside each event: address, what to bring, and who is driving.

Let the schedule do the talking

- ☐ Agree on a process for changes: requested in writing, with notice. A request is not a confirmed change.

Pick a channel for routine logistics

- ☐ Use one app or email thread for routine logistics. Agree separately on how to reach each other in an emergency.

Take the kids out of the middle

- ☐ Never ask the kids to carry messages, schedules, or money.

The fewer routine questions you have to exchange, the fewer chances for conflict.

IN THE JOURNAL



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