

ANATOMY OF TRUST FOR CO-PARENTS

Adapted from the Anatomy of Trust framework of Brené Brown

BOUNDARIES

We've created boundaries in our separation agreement and will continue to do so. It's important to respect those boundaries. If we're not clear about what's okay and what's not okay we ask. And, we're not mindreaders, so we agree to say what we need of the other.

RELIABILITY

We do the things we say we will and live up to the agreements we've made together. We show up when we say we will and follow our schedules unless we agree otherwise. If we can't live up to our commitments, we talk about it and agree to an alternative.

ACCOUNTABILITY

We're not perfect and we will make mistakes, but when we do, we take accountability, apologize and make amends. It is important that we allow each other to do that, by accepting the apology and moving forward.

FAMILY PRIVACY

We keep our family matters between us. We don't involve our extended circles in our co-parenting challenges, particularly if those people are part of our kids' community. We don't speak negatively about the other co-parent to others and this helps us keep a team approach.

INTEGRITY

We choose what is right for our kids over what is quick, easy or fun. Everyday we choose to act in line with our co-parenting plan. Our co-parenting decisions are in line with our joint intentions for what we believe is in the best interests of our kids.

NON-JUDGMENT

We will listen our co-parent without judgment and we know that when we are open and ask for what we need from the other, they will also be non-judgmental. Practicing non-judgment and empathy with each other allows us to rely on each other and share information freely.

GENEROSITY

We try to extend the most generous interpretation possible to the intentions, words and actions of our co-parent. We don't jump to conclusions and we don't assume the worst. Instead we share our feelings and ask for clarification.

SHARING

We are transparent about matters that relate to our kids and the agreement we have as co-parents. The decisions we make requires all the relevant information available. The more information we have, the better able we are to trust each other and support our kids.