

Protecting Children Worksheet

We argue in front of our child/children:

- a. never
- b. sometimes
- c. often

What I can do about this:

I speak about conflict/my ex within earshot of my child/children

- a. never
- b. sometimes
- c. often

What I can do about this:

I display anger/disrespect to ex in front of my child/children

- a. never
- b. sometimes
- c. often

What I can do about this:

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I sabotage my child/children's relationship with their other parent:

- a. not at all
- b. to some degree
- c. significantly

What I can do about this:

My child/children's daily life is affected by our difficulties coparenting

- a. not at all
- b. to some degree
- c. significantly

What I can do about this:

My child/children probably feel the need to take care of me emotionally

- a. not at all
- b. to some degree
- c. significantly

What I can do about this:

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I try to get my child/children to take my side

- a. not at all
- b. to some degree
- c. significantly

What I can do about this:

I tend to communicate to my ex through my child/children

- a. not at all
- b. to some degree
- c. significantly

What I can do about this:

I ask my child/children questions to find out about my ex

- a. not at all
- b. to some degree
- c. significantly

What I can do about this:
