



What Do You Have to Work with Today?

YES NOT SURE PROBABLY NOT

1. Do you think the other parent loves your child and wants to be an active parent?

2. Do you think your child is securely bonded or attached to the other parent?

3. Do you think your child needs or wants the other parent active in his or her life?

4. Do you think the other parent can put your child's needs first?

5. Do you trust the other parent to take good care of your child?

6. Is it important to you that your child has a good relationship with the other parent?

7. Are you committed to making your best effort to have a healthy coparenting relationship?

8. Do you think the other parent wants you to have a close relationship with your child?

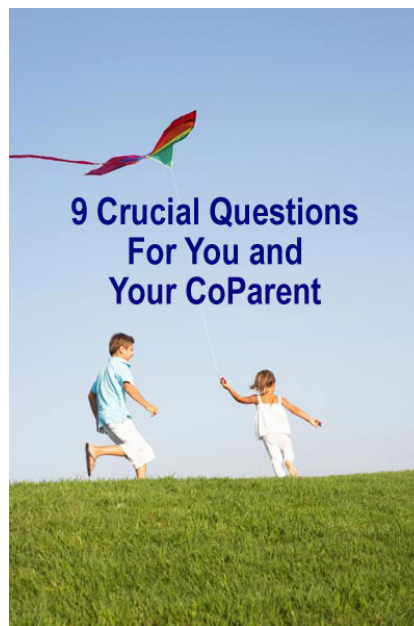
9. Do you think the other parent will make his or her best effort to have a healthy coparenting relationship?

How to Use Your Answers to “What Do You Have to Work with Today?”

Your “Yes” answers are your most important strengths for coparenting today. These are some of the essentials of commitment. Making coparenting work requires energy and effort and “Yes” answers are good signs that you can make that commitment. They are all the driving forces that can make coparenting a good experience for you and your child. All the attitudes, beliefs, and behaviors in this Quiz are important, especially Yes answers to Questions 5,6,7, and 8. Give yourself gold stars and protect your strengths.

“Not Sure” answers are your “Slippery Slopes”. Pay very close attention to these because if you and the other parent can explore these further and try to find solutions, you can eventually make these your strengths, too. If you ignore these, even if you only have one “not sure” answer, it can eventually fall into the “Probably Not” categories. Read *The CoParenting Toolkit* and put some of the tools into action. If your progress is too slow, then work with a coparent counselor to untangle what’s holding you back.

“Probably Not” answers are your “Red Flags” These are calls to action. If you can still say that you are both committed to making your best effort to have a healthy coparenting relationship, then start working with a coparenting counselor as soon as possible.



From The *CoParenting Toolkit: the inspiring new update to Mom's House, Dad's House*
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