



SETTING EFFECTIVE BOUNDARIES IN CO-PARENTING'

W O R K B O O K



Setting Effective
Boundaries
in Co-Parenting



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SETTING EFFECTIVE BOUNDARIES



WELCOME

**“Boundaries are not barriers, they are bridges to healthier relationships, increased self-respect, and a more peaceful life”
—Nedra Tawwab**

In high-conflict co-parenting, boundaries are essential for your well-being. By prioritising your own well-being, you create a healthier environment for yourself and your co-parenting.

Hi, I’m Rose Ewing, a co-parent for many years, coaching separated parents in-person since 2022, also an accredited mediator and hypnotherapist, with a background and qualifications in communication and psychology.

This webinar + workbook is a simple and effective guide so that you can set and maintain healthy boundaries in your co-parenting that actually work.

In *Setting Effective Boundaries in Co-Parenting*, you’ll learn actionable strategies to reduce conflict by focusing on what you can control in your co-parenting situation.

You’ll discover:

- **How to set boundaries that work, even when your co-parent is difficult.**
- **The benefits of effective boundaries for both of you**
- **How to know if you DO need boundaries (you might be surprised!)**

SETTING BOUNDARIES

What are boundaries?

- Boundaries are any limit you need to feel safe
- Boundaries are related to your unique needs, wants, and values.
- Boundaries are consistent, yet flexible

How do you know if you need boundaries?

Setting clear effective boundaries lets your co-parent know what is ok and not ok for you and protects yourself and your needs.

Do you ever? (tick all that apply):

- 1. Have problems saying "no"
- 2. Hide your feelings because you want to pick your battles or not offend?
- 3. Apologise for things not your fault
- 4. Maybe you're passive aggressive, hoping they'll figure out what you need,
eg "great, I can see you really value my time".
- 5. Blame your co-parent for making you feel or behave a different way
- 6. Maybe you say nothing, and end up feeling disconnected and depressed
- 7. Feel afraid to do xxx because he/she will do xxx

OTHER:

SETTING BOUNDARIES

Setting Effective Boundaries: A three step process

1. Where is the boundary missing?

Are there behaviours from your co-parent that causes you to feel resentment, exhaustion or stress?

2. Is there a fear you have about setting up a boundary around the behaviour that is frustrating you?

3. Is there a values conflict?

SETTING BOUNDARIES

Boundaries allow both of you to respect each other.

1. What are my co-parent's boundaries?

2. Am I respecting my co-parent's boundaries?

3. "What are you able and willing to do?"
