

Parental Alignment Improvement Checklist



DIRECTIONS: Review and check this list personally. Take three of the lowest scores and make a plan to improve in that area. Share the plan with your Trusty Coach to get their input, then use your Trusty App to set a goal and track it.

My Name: _____ **Co-Parent's Name:** _____

RARELY	SOMETIMES	FREQUENTLY	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Even when arguing, we can maintain a sense of humor.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. We are pretty good listeners even when we have different positions on things.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. My co-parent is good at helping me calm down when I get frustrated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. We interrupt each other when talking about our concerns with our children.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. Our conversations get too heated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. I have a hard time calming down during or after arguments.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. My co-parent gets too upset to discuss things in a rational manner.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. I appreciate the opportunity to work together in solving problems with my co-parent.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. My co-parent has a lot of helpful ideas for how to solve problems.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. We both believe in finding compromises when we disagree.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11. We are good at resolving our differences.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. We both believe in finding compromises when we disagree.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12. We argue about the same problems over and over again.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13. I don't feel respected when we disagree.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14. I want my co-parent to feel that they have an influence on decisions we make.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15. We are good at understanding each other's views before making a decision.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16. My co-parent seems to always think they have the best answer.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17. We can't seem to agree on how to handle the simplest things.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	18. We consult with each other about big decisions.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19. I don't feel influential in the decisions we make.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20. I seem to get blamed when things go wrong with our children.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	21. We tend to have the same goals for our children.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	22. We share the same ideas for what "good parenting" means.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	23. I find it helpful to go to my co-parent for support on matters related to our children.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	24. My co-parent listens and understands my concerns and worries about our children.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25. Parenting is easier because of my co-parent.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	26. My co-parent is aware of my concerns regarding our children.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	27. We are aware of each other's hopes for our children.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	28. I don't feel my co-parent understands my position on things.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	29. I have to fight to be heard in our conversations.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30. I try hard to understand my co-parent's perspective.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	31. I feel respected by my co-parent.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	32. My concerns seem to be minimized.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	33. I am interested in hearing my co-parent's opinion.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	34. I feel bulldozed by my co-parent.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	35. Even when we don't see eye to eye, we respect each other's opinions.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	36. I can count on my co-parent to follow through with decisions we make.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	37. I know if my children were to treat me with disrespect, my co-parent would stand up for me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	38. I can trust my co-parent to not speak negatively about me in front of our children.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	39. I worry about the values my co-parent is teaching to our children.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	40. We present as a unified front to our children.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	41. We seem to be pulling in opposite directions.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	42. Once a decision is made, we both stand by it even if our children disagree.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	43. I worry about whether my co-parent is holding our children accountable when I'm not around.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	44. We work together to figure out how to handle difficult situations.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	45. Our children see us as being unified.