

Getting the Respect You Deserve.

As humans, we learn to navigate our relationships based on experience. As relationships develop over time, certain “rules” emerge, and when a relationship changes, the rules change too.

Consider the married couple who brushes their teeth together. When the couple separates, not only will they not occupy the same bathroom, but they might not permit each other in their homes at all.

Naturally, exes feel a lot of anger towards each other, which can contaminate productive interactions. While you can’t control anyone else, you can manage your behavior to help ensure communications are as peaceful as possible. This process begins with your self-awareness.



- **What topics of discussion are you willing to engage in?**
(examples: children, other family members, information related to support obligations, etc.)

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- **Through what modes of communication are you willing to use to engage?**
(examples: text, email, co-parenting app, etc.)

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● **What kind of behavior are you not willing to entertain?**
(examples: text messages after 10 pm, raised voices, name-calling, etc.)

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● **What boundaries can you set to help ensure communication happens on your terms?**
(examples: scheduled phone calls, clarify expectations, disengagement when necessary)

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● **Who can you turn to for support?**
(Think about people who will support you in maintaining boundaries. Who can you call to vent your frustrations?)

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