Commitments to Our Children

Read the following sentences. Check the box that best represents your response to each sentence.

1. We’ll remember that this is our child(ren)’s one and only childhood.  
   Agree/Disagree

2. Our child(ren) will experience any attack between us as an attack on him/her/them.  
   Agree/Disagree

3. Parent conflict is so dangerous to our child(ren) that each of us must disengage from any conflict the other parent creates.  
   Agree/Disagree

4. We notice and care about our child(ren)’s deep losses from this divorce.  
   Agree/Disagree

5. Our child(ren)’s only job is to be a child.  
   Agree/Disagree

6. Any and all times that our child(ren) see(s) us together or hear(s) us speaking belong to our child(ren).  
   Agree/Disagree

7. Our child(ren) has/have an absolute right to good relationships with both of us.  
   Agree/Disagree

Source: [http://uptoparents.com](http://uptoparents.com) with permission of Charles Asher through Marta Papa, P.C.