

90-Day Healing Plan Workbook

Overview

This workbook helps you move through heartbreak when you share a child with your ex. The goal is steady emotional healing, not perfection. Each section guides you through reflection, small actions, and progress tracking across three stages—**Stabilize, Rebuild, and Renew**.

Stage 1: Stabilize (Days 1–30)

Focus on calming your emotions and regaining a sense of control.

Emotional Reset Checklist

- Reduce unnecessary contact with your ex (only communicate about your child)
- Create a peaceful space at home
- Set a daily self-care ritual (even 5 minutes counts)
- Ask a trusted friend or therapist for support

Reflection Prompt

What situations trigger your emotions the most right now?

How can you protect your peace when those moments happen?

Daily Tracker	Notes
I practiced self-care today	
I avoided unnecessary communication	
I got enough rest	
I reached out for support	

Stage 2: Rebuild (Days 31–60)

Start reshaping your routines and rebuilding confidence.

Action Plan

- Create a new weekend routine with your child
- Replace one old shared habit with a new solo one
- Reconnect with a friend you've been distant from
- Learn one new skill or hobby

Mindset Check-In

What's one thought that helps you stay calm during co-parenting interactions?

What's one belief you want to let go of?

Weekly Focus	Progress Notes
Emotional balance	
Parenting consistency	
Boundaries with ex	
Self-confidence	

Stage 3: Renew (Days 61–90)

Shift focus from pain to purpose. This is where emotional stability grows stronger.

Growth Prompts

- What have you learned about yourself through this breakup?
- How have you shown resilience as a parent?
- What kind of life do you want to build from here?

Personal Goals for Renewal

1. _____
2. _____
3. _____

Weekly Wins	Notes
Positive co-parenting moments	
Emotional breakthroughs	
New habits formed	

Final Reflection: The 90-Day Review

- How do you handle communication with your ex now compared to before?
 - What habits helped your healing the most?
 - What do you still need to work on?
 - What kind of parent and person do you want to be moving forward?
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Encouragement

Healing doesn't erase your past, but it rebuilds your strength.

Keep showing up for yourself and your child one calm day at a time.

Boundaries & Triggers Reset Worksheet

Created by

Overview

This worksheet helps you identify emotional triggers, rebuild healthy boundaries, and handle co-parenting interactions calmly. Use it weekly or anytime you feel overwhelmed by contact with your ex.

Step 1: Identify Your Triggers

Write down moments that leave you feeling anxious, angry, or drained. These are usually signs of blurred emotional boundaries.

Situation	What Emotion Did It Bring Up?	How Did You React?
Example: My ex was late for pickup	Frustration	I sent an angry text

Reflection Prompt

What's one pattern you've noticed about your reactions?

Step 2: Emotional Pause Plan

Before reacting, pause and ask yourself these questions. You can keep them on your phone as a quick checklist.

- Am I responding from emotion or calm?
- Is this about the child or about the past?
- Will this message help or create more tension?
- Can it wait until tomorrow?

Tip: Delaying a reply by even ten minutes can prevent unnecessary conflict.

Step 3: Boundary Audit

Define what's okay and what's not in your co-parenting relationship.

Boundary Type	Example	My Version
Communication	“Let’s text about our child only.”	
Personal Space	“Please call before coming over.”	
Emotional	“I’m not available for personal conversations.”	
Parenting Roles	“We’ll both attend school meetings separately.”	

Reflection Prompt

Which boundary feels hardest to maintain, and why?

Step 4: Reset After a Trigger

When something upsets you, use this short reset plan.

1. **Name the trigger** – Say it out loud or write it down.
 2. **Ground your body** – Take deep breaths or stretch.
 3. **Reaffirm your boundary** – Remind yourself why it matters.
 4. **Choose one calm action** – Respond later or write your thoughts privately instead.
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Step 5: Weekly Reflection Log

Prompt	Notes
What boundary worked well this week?	
What moment tested your patience?	
How did you handle communication differently?	
What will you try next week?	

Reminder

Boundaries aren’t walls, they’re self-respect in action.

The more consistent you are, the faster emotional stability returns.

CO-PARENTING COMMUNICATION SCRIPTS & BOUNDARIES GUIDE

(Practical templates for calm, consistent communication with your ex while protecting your peace.)

1. When You Need to Discuss Child-Related Logistics

Purpose: Keep conversations short, factual, and child-focused.

Use when: Planning pickups, drop-offs, school updates, or schedule changes.

Template:

“Hey [Name], I wanted to confirm [child’s name]’s pickup time on [day]. I’ll be there at [time]. Let me know if that still works.”

If they start arguing:

“I’d like to stay focused on [child’s name]’s schedule so things stay clear for both of us.”

2. When You Need to Set a Boundary

Purpose: Maintain emotional distance while staying cooperative.

Use when: They push for personal conversation or try to re-enter your emotional space.

Template:

“I understand your concern, but I’m not comfortable discussing personal matters outside of parenting. Let’s keep our communication about [child’s name].”

If they keep pressing:

“I’m ending this conversation now. We can continue talking about parenting plans later.”

3. When You Need to Respond to Guilt or Manipulation

Purpose: Break old emotional cycles and protect your peace.

Use when: They use guilt (“You never cared”) or nostalgia (“Remember when we were happy?”).

Template:

“I’m focused on keeping communication respectful and centered on [child’s name]. I won’t be responding to personal comments.”

If they get defensive:

“I’m not trying to argue. I just want us both to stay calm for [child’s name].”

4. When You Need to Talk About a Sensitive Topic

Purpose: Handle tension without slipping into old dynamics.

Use when: School issues, discipline, health, or money come up.

Template:

“I want to talk about something important for [child’s name]. Can we set a time to go over it calmly? I want to make sure we both feel heard.”

If it escalates:

“This isn’t the right time to talk about this. Let’s revisit when we’re both calm.”

5. When They Overstep (Unannounced Visits, Boundary Violations)

Purpose: Re-establish safety and predictability.

Template:

“I need us to stick to the agreed times for visits. Last-minute changes make it hard for [child’s name] to adjust.”

If they continue ignoring boundaries:

“If the schedule keeps changing without notice, we might need to use a co-parenting app to help track everything.”

6. When You Need to Switch to a Co-Parenting App

Purpose: Add structure when communication gets messy.

Suggested apps: *2houses, OurFamilyWizard, TalkingParents, Coparently*

Template:

“I think using [app name] will help us stay organized and reduce confusion. Everything will be in one place, and it’ll help both of us keep clear records.”

7. When You Need to End a Conversation Gracefully

Purpose: Prevent emotional spirals.

Template:

“I think we’ve covered what’s needed for now. Thanks for your time.”

If they push to continue:

“I don’t think this is productive right now. Let’s talk later if needed.”

8. Quick Boundary Checklist

- Keep every message short and factual
 - Don’t respond immediately when emotions are high
 - Use written communication for clarity
 - Avoid defending, explaining, or justifying
 - Prioritize your child’s stability over being “right”
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Optional Add-On Section for Design (to place at the end of the PDF)**“Keep Your Calm” Daily Reminder Card**

- Take one deep breath before every reply
- Ask: “Is this about my child or my emotions?”
- If it’s about your emotions, pause before responding

Co-Parenting Peace Pact Workbook

Co-Parenting Peace Pact

Communication Scripts & Boundary Planner

Created by Maryam

This workbook helps you build emotional safety while co-parenting after a breakup. Use these templates, reflection prompts, and scripts to communicate calmly, protect your peace, and stay true to your parenting values.

Part 1: Emotional Check-In Before Any Communication

Before texting or calling your ex, pause to reflect.

Question	Your Response
What is my emotional state right now?	
What is the goal of this message?	
Does this help or harm co-parenting peace?	
If this triggers me, how will I respond calmly?	

Part 2: Calm Communication Scripts

Neutral Scheduling Text

Hi, just checking what time works best for drop-off this weekend. Let me know what's easiest for you and I'll adjust if possible.

Boundary Reminder

I'm open to discussing parenting details only. Let's keep our chats focused on [child's name] to make it easier for both of us.

Conflict Reset

I feel this topic is getting tense. Let's revisit it tomorrow when we've both had time to cool off.

Gratitude Message

I appreciate how consistent you've been with communication lately. It helps [child's name] feel secure.

Part 3: Boundary Planner

Define your boundaries in these three areas.

Area	Your Boundary	Example of How You'll Communicate It
Communication		"Let's stick to texts about school or schedule only."
Visits & Schedules		"Let's confirm changes 24 hours in advance."
Personal Space		"I'll need a heads-up before you come by the house."

Part 4: Conflict Reflection Log

Use this section after disagreements to learn and adjust boundaries.

Prompt	Your Notes
What triggered the conflict?	
How did I respond?	
What worked or didn't work?	
What boundary can I reinforce next time?	

Reminder

When communication feels hard, remember that calm consistency builds trust over time. Each respectful message teaches your child emotional safety.

DAILY EMOTIONAL RESET TRACKER

(A simple daily tool to help you manage emotions, triggers, and energy while co-parenting)

How to Use This Tracker

Fill this out once a day, preferably in the evening or right before bed.
It helps you notice patterns, regulate emotions, and track progress across time.

1. Morning Check-In

Mood rating (1–10): _____

Energy level (1–10): _____

First thought I had this morning: _____

One intention for today: _____

Example:

“Stay calm during pickup time.”

“Take one hour to focus on myself.”

2. Emotional Triggers

List moments that tested your calm or boundaries today.

- What triggered me?
- How did I react?
- How do I wish I had responded instead?

Trigger	My Reaction	My Ideal Response
Example: Text from ex about plans	Felt anxious, overthought	Paused and replied later calmly

3. Grounding Check

When emotions felt heavy, what helped me come back to balance?

- ☐ Deep breathing
- ☐ Quick walk or stretch
- ☐ Music or journaling
- ☐ Talking to a friend
- ☐ Taking space before replying
- ☐ Other: _____

4. Positive Moments

List small wins or moments of peace.

- What made me smile today?
- When did I feel most calm or proud of myself?

Examples:

“I handled the pickup without tension.”

“My child laughed while we cooked dinner.”

“I didn’t check my ex’s social media.”

5. Evening Reflection

What emotion stood out most today? _____

Did I respond or react? _____

What do I need more of tomorrow? _____

Optional Journal Prompt:

What did today teach me about what I can control and what I can’t?

6. Sleep Preparation

- ☐ Turn off phone 30 minutes before bed
 - ☐ Write down one gratitude thought
 - ☐ Do one 3-minute breathing reset
 - ☐ Tell yourself: *“I’m safe, I’m healing, and I’m doing enough.”*
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Weekly Reflection (Use on Day 7)

Overall stress rating this week (1–10): _____

Best coping tool that worked: _____

Boundary I respected the most: _____

What I’ll focus on next week: _____

“Progress isn’t about never breaking down. It’s about learning how to reset faster each time.”

Emotional Flashback Rescue Kit

Created by growselfdaily.com

Overview

This quick-access guide helps you calm your body and mind during emotional flashbacks. Those sudden waves of sadness, anger, or panic that make you feel stuck in the past. Keep a printed copy nearby or on your phone.

Step 1: Spot the Signs

Recognizing the start of a flashback helps you stop it before it grows stronger.

Common Early Signs

- Sudden change in breathing or heartbeat
- Feeling like you're "not here" or disconnected
- Urge to contact your ex or replay old memories
- Muscle tension or body heaviness
- Negative self-talk or guilt spiral

Check-In Prompt

Right now, what emotion feels strongest in your body?
(Write one word—like fear, shame, or anger.)

Step 2: Ground Yourself Physically

Bring your attention back to the present moment.
Use one or more of these quick grounding tools.

The 5-4-3-2-1 Method

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Alternative Grounding Options

- Hold an ice cube for 10 seconds
- Stretch your arms and roll your shoulders
- Focus on slow, deep breathing (count 4 in, 6 out)

Step 3: Name the Flashback, Not the Story

Instead of analyzing what caused it, simply name what's happening.

Examples:

- "This is a flashback, not reality."
- "I'm safe right now."
- "This feeling will pass."

Write your go-to reminder below:

Step 4: Self-Soothing Toolkit

List five quick comfort actions that help your nervous system relax.

Comfort Action	When to Use It	Works Best Because...
Example: Step outside and breathe fresh air	When anxiety spikes	Fresh air and light help calm me

Step 5: Post-Flashback Care

After the wave passes, take a few minutes to re-center yourself.

Ask yourself

- What helped me calm down fastest?
- Did I respond to myself with kindness or criticism?
- What might I try differently next time?

Reflection Space

Step 6: Reconnect with the Present

Choose one gentle activity to close the loop:

- Drink water
- Step outside and notice the weather
- Light a candle
- Write one gratitude sentence

Write your chosen grounding ritual below:

Reminder

You survived that moment.

Each time you use this rescue kit, your brain learns that you're safe now and you don't need to relive the past to heal from it.

EMOTIONAL RECOVERY ROADMAP

(A self-paced checklist for healing after a breakup when you still have to co-parent)

Phase 1: Stabilize (Days 1–10)

Goal: Stop the emotional spiral and create basic structure in your days.

Checklist:

- ☐ Remove reminders that trigger pain (photos, old texts, playlists)
- ☐ Stick to a predictable routine for sleep, meals, and parenting tasks
- ☐ Tell one trusted person how you're really feeling
- ☐ Limit emotional conversations with your ex to child-related topics only
- ☐ Use grounding tools like slow breathing or short walks before replying to messages
- ☐ Write down what hurts instead of texting your ex

Mini Reflection Prompt:

What's one thing I can do today that helps me feel safe in my own space again?

Phase 2: Acceptance (Days 11–30)

Goal: Acknowledge what's over without losing hope for your future.

Checklist:

- ☐ List what you learned from this relationship without blaming yourself
- ☐ Create a "no contact except parenting" boundary plan
- ☐ Unfollow or mute your ex on social media
- ☐ Schedule one enjoyable activity per week that doesn't involve your ex or child
- ☐ Write down 3 emotional triggers and how you plan to respond calmly next time
- ☐ Remind yourself daily: "Healing isn't linear, and I'm still moving forward."

Mini Reflection Prompt:

Which thoughts make me feel stuck, and which ones help me let go?

Phase 3: Rebuilding (Days 31–60)

Goal: Reconnect with yourself and rebuild your emotional baseline.

Checklist:

- ☐ Set 3 small goals that belong only to you (fitness, skill, routine)
- ☐ Reconnect with friends or family who make you feel supported
- ☐ Identify what you'll say if your ex flirts or blurs boundaries
- ☐ Redecorate or rearrange your space to mark a new chapter
- ☐ Try one new hobby or habit that makes you feel alive again
- ☐ Celebrate small wins (like "I didn't react emotionally this week")

Mini Reflection Prompt:

What parts of myself am I starting to rediscover?

Phase 4: Growth (Days 61–90)

Goal: Strengthen independence and emotional clarity.

Checklist:

- ☐ Journal once a week about what has improved in your mindset
- ☐ Revisit your co-parenting boundaries to adjust if needed
- ☐ Plan one future goal that excites you beyond this breakup
- ☐ Reclaim personal rituals (morning coffee, quiet evenings, self-care time)
- ☐ Practice gratitude for your progress instead of perfection
- ☐ Allow forgiveness to grow naturally without forcing it

Mini Reflection Prompt:

How do I want my next chapter to feel, and what do I need to release to get there?

Final Self-Check: "Am I Ready to Move Forward?"

- ☐ I can talk to my ex about parenting without emotional triggers
 - ☐ I feel more peace than pain when I think about the past
 - ☐ I've created a daily rhythm that supports me and my child
 - ☐ I've stopped comparing my healing pace to others
 - ☐ I can imagine a future without resentment
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“You’ve made it through the hardest part. Keep going. Your peace is worth the effort.”

Self-Trust Rebuilding Journal

Created by

Overview

When a breakup involves shared parenting, trust often breaks in more ways than one. You might question your choices, doubt your instincts, or feel scared to rely on yourself again. This journal helps you rebuild self-trust slowly through guided reflections and small, repeatable actions.

Section 1: Understanding Your Trust Wounds

Prompt 1

When did you first notice you stopped trusting yourself?

Prompt 2

What moments with your ex made you second-guess your own needs or feelings?

Prompt 3

What part of you still feels responsible for what went wrong?

Section 2: Reconnecting with Your Inner Voice

Daily Check-In Exercise

Every morning, answer these two questions:

1. What is my body telling me today?
2. What do I need most right now?

Evening Reflection

Before bed, write one decision you made today, even a small one, that reflected self-trust.

Example: "I didn't reply to a message that would have reopened old wounds."

Section 3: The Self-Validation Practice

Sometimes your inner voice needs proof that it matters. Use this template daily.

Situation	What I Felt	What I Told Myself	What I Needed Instead
Example: My ex criticized my parenting	Hurt and defensive	“Maybe he’s right.”	“I’m doing my best, and that’s enough.”

Section 4: Trust Rebuilding Commitments

Choose three small commitments that show you can depend on yourself again.

Examples:

- Follow through on one personal boundary each week
- Speak kindly to yourself after co-parenting conversations
- Say no to things that drain your peace

Commitment Frequency How I’ll Keep It

Section 5: Reframing Mistakes as Lessons

When self-trust is broken, mistakes feel like proof you can’t handle life. This section helps you rewrite that story.

Prompt 1

What recent decision didn’t go as planned?

Prompt 2

What did this experience teach you about your limits or values?

Prompt 3

What can you do next time to respond with more self-compassion?

Section 6: Daily Affirmations to Rebuild Trust

Repeat these or write your own.

- I can trust my judgment, even when others disagree
- My mistakes don't define my worth
- I'm learning to listen to myself again
- I am a safe person for me

Write two affirmations that feel true for you today:

Section 7: Weekly Reflection Tracker

At the end of each week, review your progress.

Ask Yourself

- Did I keep at least one promise to myself this week?
- What moment made me proud of my own strength?
- What drained me emotionally, and what helped restore me?

Reflection space:

Reminder

Rebuilding trust in yourself isn't about perfection. It's about consistency. Every time you listen to your inner voice and act on it, you heal a little more.

THE 90-DAY HEALING TRACKER JOURNAL

(A guided 12-week emotional recovery journal for parents healing after a breakup)

How to Use This Journal

Spend 10 minutes at the end of each day or week writing in this journal.

Your goal isn't perfection—it's noticing your progress.

Use it to understand your emotions, strengthen boundaries, and measure how much lighter you start to feel.

WEEK 1–2: Stabilizing Your Emotions

Theme: Creating safety and grounding

Weekly Reflection Prompts:

1. What feels hardest about seeing my ex right now?
2. What helps me calm down after emotional moments?
3. What can I remove from my environment that keeps reopening old wounds?
4. Who or what makes me feel emotionally safe?

Daily Check-In:

Mood (1–10): _____

Energy (1–10): _____

Trigger I managed well today: _____

Something that made me smile: _____

WEEK 3–4: Letting Go of the Past

Theme: Acceptance without self-blame

Weekly Reflection Prompts:

1. What did this relationship teach me about love and boundaries?
2. When do I feel tempted to revisit the past, and why?
3. What habits or thoughts keep me emotionally tied to my ex?
4. What would I tell my past self with compassion instead of judgment?

Daily Check-In:

Moment I handled better than before: _____

One emotion I allowed myself to feel today: _____
Gratitude note: _____

WEEK 5–6: Strengthening Boundaries

Theme: Clarity and consistency in co-parenting

Weekly Reflection Prompts:

1. What boundary did I hold that I used to let slide?
2. What's my biggest communication challenge with my ex right now?
3. How can I protect my peace while being a good co-parent?
4. What's one way I can simplify communication this week?

Daily Check-In:

How many times did I pause before responding? _____

What worked when emotions rose? _____

Reminder to self: _____

WEEK 7–8: Reconnecting With Yourself

Theme: Rediscovering identity and joy

Weekly Reflection Prompts:

1. What parts of me were hidden in the relationship?
2. What brings me genuine peace now?
3. How can I spend time alone without feeling lonely?
4. What do I want to try or learn this month?

Daily Check-In:

Something that made me laugh: _____

A small act of self-kindness I practiced: _____

Today I felt most like myself when: _____

WEEK 9–10: Building Emotional Strength

Theme: Responding, not reacting

Weekly Reflection Prompts:

1. What does emotional strength mean to me now?

2. How have I grown since the breakup?
3. What old patterns no longer serve me?
4. What can I do to stay grounded during co-parenting challenges?

Daily Check-In:

Times I stayed calm under pressure: _____

A new coping tool that worked: _____

How I'll carry this into tomorrow: _____

WEEK 11–12: Moving Forward

Theme: Creating peace and vision for the future

Weekly Reflection Prompts:

1. What does “peace” look like in my life now?
2. How do I want my next relationship to feel different?
3. What boundaries or habits will I continue long-term?
4. What am I proud of most in my healing journey?

Daily Check-In:

One sign I'm moving forward: _____

Someone or something I'm grateful for: _____

How I'll celebrate my progress: _____

Final Reflection: Your Healing Summary

At the end of 90 days, answer these:

1. What has changed the most in how I see myself?
2. How has co-parenting become easier emotionally?
3. What am I still working on—and that's okay?
4. What part of my story am I finally ready to release?

Affirmation:

“I've built peace in the middle of what once felt impossible.”

Optional Design Tips for Word

- Use calming color accents like soft teal (#2A9D8F) for section dividers.
- Add weekly boxes with faint beige backgrounds (#F4E9D8) for journaling space.

- Include motivational quotes in small italic font at the bottom of each page (examples below).

Quote ideas:

- *“Healing isn’t about forgetting—it’s about freeing yourself to live again.”*
- *“Your peace is your child’s peace.”*
- *“You don’t have to rush your healing. You just have to keep showing up.”*