



Co-Parenting Communication & Conflict Audit

This audit will help you assess where you and your co-parent stand in terms of communication, conflict, and co-parenting effectiveness. Your results will provide insight into whether **Communication Training or Individual Coaching** would be most beneficial to your situation.

At the end of the audit, you'll receive a **personalized recommendation** and an invitation to **book a free 15-minute consultation** to discuss your results.

Scoring System

Each multiple-choice answer is assigned a point value. At the end, your total score will place you in one of three categories:

✓ **Low Conflict / Strong Communication** (0-10 points) → Fine-tune communication

⚠ **Moderate Conflict / Some Communication Struggles** (11-20 points) → Training recommended

✗ **High Conflict / Significant Communication Barriers** (21+ points) → Coaching advised

1. How would you describe your current co-parenting communication?

- ☐ We communicate well, even if we don't always agree. (0 points)
- ☐ We communicate, but misunderstandings happen frequently. (2 points)
- ☐ Our communication is tense, inconsistent, or argumentative. (4 points)
- ☐ We barely communicate or only through lawyers/third parties. (6 points)

2. How often do conflicts arise between you and your co-parent?

- ☐ Rarely or never. (0 points)
- ☐ Occasionally, but we can work through them. (2 points)
- ☐ Frequently, and they cause tension or stress. (4 points)
- ☐ Constantly, and they are emotionally or legally draining. (6 points)

3. How do you and your co-parent handle disagreements about your child(ren)?

- ☐ We discuss and compromise effectively. (0 points)
- ☐ We try, but emotions sometimes get in the way. (2 points)
- ☐ One or both of us struggle to stay calm or constructive. (4 points)
- ☐ Disagreements turn into major fights or legal battles. (6 points)

4. What is the biggest challenge in your co-parenting dynamic? (Select all that apply, 2 points per challenge)

- ☐ Poor communication
- ☐ Conflict over parenting decisions
- ☐ Scheduling and logistics
- ☐ One parent not cooperating
- ☐ Different parenting styles
- ☐ Emotional wounds from the breakup
- ☐ Other: _____

5. On a scale of 1-10, how would you rate the level of conflict in your co-parenting relationship? (1 = Minimal conflict, 10 = Extreme conflict)

→ Your score here will be added to your total points.

6. Why did you choose this rating? (Open-ended response)

7. How do you currently communicate with your co-parent?

- ☐ In-person and over the phone, as well as other means, with mutual respect. (0 points)
- ☐ Via text/email, but we misunderstand each other a lot. (2 points)
- ☐ Mostly through a co-parenting app or third party. (4 points)
- ☐ Only through lawyers or not at all. (6 points)

8. How often do your co-parenting disagreements impact your children?

- ☐ Rarely or never. (0 points)
- ☐ Occasionally, but we try to shield them from it. (2 points)
- ☐ Frequently—they see/hear tension or conflict. (4 points)
- ☐ Constantly—it's affecting their well-being. (6 points)

Your Results & Next Steps

● 0-10 points: Low Conflict / Strong Communication

You and your co-parent are on the right track! While challenges may still arise, your ability to communicate effectively is a strong foundation. You may benefit from **communication training and community involvement** to strengthen skills and prevent future miscommunication.

● 11-20 points: Moderate Conflict / Some Communication Struggles

There are some ongoing challenges in your co-parenting dynamic. You likely experience **frustration, miscommunication, or occasional conflict**. Improving structured communication strategies could make co-parenting smoother. **Our online communication training is highly recommended.**

● 21+ points: High Conflict / Significant Communication Barriers

Conflict is a major factor in your co-parenting relationship, which may be causing stress and negatively impacting your children. A **personalized separation coaching approach** will help you **de-escalate conflict, set boundaries, and develop strategies for cooperative parenting** in addition to our online communication training.

👉 **Book a free 15-minute consultation** to discuss your score and the best path forward.