



Mutual Separation Clarity Worksheet

For thoughtful, respectful, and structured
conversations between separated partners

NAMES:

DATE:

Purpose and Intentions

- Why did we choose to separate?
- What were/are we hoping to understand or experience during this time?
- Do we still see this separation as temporary or leading toward a longer-term decision?
- Do we need a timeline to revisit this separation arrangement?

Reflection Notes:

Emotional Agreements

- Can we talk openly about our feelings during this time?
- What emotional boundaries do we each need to feel safe?
- How do we plan to support or distance ourselves emotionally from each other while co-parenting?

Discuss:

What helps me feel emotionally safe:

What I need to avoid emotional confusion:

Dating and Intimacy

- Are we open to dating others?
- If so, when and how do we disclose that to each other (if at all)?
- How do we protect our child from unnecessary confusion regarding new relationships?

Reflection Questions:

Is dating okay during this time? (Yes/No)

Are there boundaries (e.g., not introducing partners to our child)?

Parenting & Co-Parenting

- What's working well with our current co-parenting setup?
- Are there any changes we need in routines or roles?
- How do we want to handle birthdays, holidays, school events?

Childcare Logistics:

- Morning routines: _____
- Bedtime routines: _____
- School/daycare drop-offs and pickups: _____
- Shared calendar (Yes/No) _____

Travel & Family Time

- Are we taking family trips together?
- How many per year (if any)?
- Are we visiting extended family together or separately?
- How do we manage holidays and long weekends?

Examples to discuss:

- Family vacations: _____
- Holidays with in-laws: _____
- Can one parent travel with the child alone? Y/N: _____



Home and Neighbor Proximity

- What boundaries are needed with living so close?
- Are we entering each other's homes?
- What's okay vs. not okay in terms of drop-ins or support?

Clarify:

Shared responsibilities (trash, yard, emergencies)

Privacy needs:

Communication & Conflict Repair

- How often do we communicate and through what channels?
- What's our plan if conflict arises?
- Do we want to do check-ins (weekly/monthly) to see how this is working?

Preferred communication methods:

- Text / Email / In-person / Shared app
- Conflict repair plan:

Timeline & Check-Ins

- Do we want to revisit our separation arrangement after a certain time?
- What signs will show us whether this arrangement is helping or hurting?
- Would we consider couple's therapy or mediation during this time?

Next check-in date: _____

Support needed (e.g., therapist, mediator):

Caretaking Schedule & Flexibility

Current Caretaking Arrangement (if any):

Weekend & Weekday Routine

- How many weekends per month will each of us have our child?
- Are we alternating weekends or using a fixed schedule?
- How are weekday responsibilities divided?

Discussion Prompts:

- Weekday care (Mon–Fri): _____
- Weekend care (Sat–Sun): _____
- Rotation pattern (e.g., every other weekend?): _____

Emergencies:

How will we handle emergencies (e.g., child illness, school closings)?

Who is the backup when one of us is unavailable?

Clarify:

Emergency contact order: _____

Health care decisions (urgent/non-urgent): _____

Travel & Work Commitments:

- What is our process for informing each other about upcoming travel?
- How much notice do we agree to give when travel plans impact parenting time?
- What happens when one parent travels for work or personal reasons?

Reflection Questions:

- How much flexibility are we both comfortable with?
- What's our system for requesting swaps or changes (text/email/shared calendar)?
- Do we have a plan for makeup time if someone misses their weekend?

Tools & Structure:

- Do we want to use a co-parenting app (like OurFamilyWizard or Google Calendar)?
- Do we need a written/monthly schedule?

Notes:

Final Notes & Agreements

- What feels clear?
- What still feels uncertain?
- Are there areas we're avoiding but need to come back to?

Notes:



REVIVE INTIMACY

REBUILDING PATHWAYS TO CONNECTION AND INTIMACY

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