

# BCARE Ascension Method™

## Session 3 Parent Worksheets

### Worksheet 1: Boundary Scripts Worksheet

*Use this worksheet to practice calm, clear, and consistent language when communicating expectations and consequences.*

Behavior/Issue #1

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Expectation

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Script

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Behavior/Issue #2

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Expectation

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Script

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Behavior/Issue #3

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Expectation

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Script

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What makes it difficult for me to stay calm and firm when setting boundaries?

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## Session 3 Parent Worksheets

### Worksheet 2: Consequences Planning Worksheet

*Plan consequences in advance so discipline is thoughtful, not reactive.*

What behavior needs addressing?

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What is the boundary/expectation?

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What consequence will follow if the boundary is crossed?

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Why does this consequence fit the behavior?

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Second behavior needs addressing?

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Second boundary/expectation?

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Second consequence?

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Why does this consequence fit the behavior?

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What consequences have I used in the past that were ineffective or unrealistic? Why?

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# BCARE Ascension Method™

## Session 3 Parent Worksheets

### Worksheet 3: Follow-Through Audit™

*Boundaries only work when they are followed through on. Use this worksheet to identify where your enforcement breaks down.*

What boundaries do I struggle most to enforce consistently?

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What usually causes me to back down or give in?

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What thoughts do I tell myself when I do not follow through?

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What emotions most often interfere with my consistency?

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What is my child learning when I do not follow through?

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How does my inconsistency affect the emotional climate of my home?

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What truth do I need to accept about my role in the current boundary struggles?

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What will change when I become more consistent?

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# BCARE Ascension Method™

## Session 3 Parent Worksheets

### Worksheet 4: Boundary Implementation Tracker

*Track your use of boundaries this week to identify patterns, progress, and challenges.*

Boundary Implemented

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What happened?

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Did I follow through consistently?

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If no, what got in the way?

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How did my child respond?

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What did I learn?

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Boundary Implemented (Second Entry)

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What happened?

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Did I follow through consistently?

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If no, what got in the way?

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How did my child respond?

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What did I learn?

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Where was I strongest in implementation?

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Where did I struggle most?

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What needs to improve next week?

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