

BCARE Ascension Method™

Session 2 Parent Worksheets

Worksheet 1: Boundary Reflection Worksheet

Reflect honestly on how boundaries currently function in your home.

What behaviors create the most conflict in your home right now?

What rules/expectations do you currently have around those behaviors?

Are those expectations clear to your child? Why or why not?

How consistent are you in enforcing boundaries?

What makes consistency difficult for you?

When boundaries are crossed, how do you usually respond?

Do you tend to be more too lenient, too rigid, inconsistent, or balanced?

What boundary patterns do you notice in your home?

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Worksheet 2: Boundary Truth Check™

Growth begins when you tell yourself the truth. Answer honestly.

Do you give consequences you do not follow through on?

Do you repeat yourself multiple times before enforcing expectations?

Do you change consequences based on mood, guilt, exhaustion, or frustration?

Do you avoid enforcing boundaries because conflict feels uncomfortable?

Do you escalate emotionally when boundaries are challenged?

Do you expect respect while modeling inconsistency, reactivity, or poor regulation?

Have you confused love with leniency?

Have you confused authority with control?

Are your children learning that your boundaries are negotiable? Why or why not?

What truth about your parenting is hardest for you to admit right now?

What boundary pattern must change if your home is going to improve?

What is one way you need to grow as a leader in your home?

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Worksheet 3: Family of Origin Boundary Reflection

Reflect on the boundaries you experienced growing up and how they shaped you.

How were rules enforced in your childhood home?

Were boundaries in your home too strict, too lenient, inconsistent, or healthy?

How did adults respond when you made mistakes?

Were emotions welcomed, ignored, or punished in your home?

What parenting/boundary patterns from your upbringing do you find yourself repeating?

What patterns do you want to keep?

What patterns do you want to change?

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Worksheet 4: Household Boundary Vision Worksheet

Define the structure and standards you want to build in your home.

What values do you want your home to reflect?

What behaviors will be expected in your home?

How do family members need to treat one another emotionally?

What does respectful behavior look like in your home?

Boundary 1 to Strengthen

Boundary 2 to Strengthen

Boundary 3 to Strengthen

The kind of home I am working to create is:
