

BCARE Ascension Method™

Session 8 Parent Worksheets

Worksheet 1: Respect Reflection Worksheet

Reflect on how self-respect shows up—or fails to show up—in your parenting.

Children do not learn respect because we demand it. They learn respect because we embody it.

Go-To Language Reminders:

- *Respect yourself.*
- *Are you respecting yourself right now?*
- *Is that behavior aligned with who you say you want to be?*

When we lead with respect, it is often reciprocated. Children respond powerfully when respect is modeled consistently, taught clearly, and reinforced with dignity.

In what ways do I model self-respect for my child?

In what ways do I undermine my own authority or standards?

Where do I parent beneath the standard I claim to value?

How does my child experience me when I am not operating in self-respect?

What would change if I consistently parented from dignity and self-respect?

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Worksheet 2: Parent Pledge Revisit Worksheet

Return to the commitments you made at the beginning of this process and assess your growth honestly.

Which parts of my Parent Pledge have I honored well?

Which commitments have I struggled to maintain?

Where have I grown most since Session 1?

Where do I still need work?

What does recommitment look like for me moving forward?

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Worksheet 3: Self-Respect Audit

Use this audit to evaluate whether your parenting aligns with the standards you expect from your child.

I regulate myself before reacting.

I follow through on what I say.

I apologize when I am wrong.

I model the respect I demand.

I maintain dignity even in conflict.

I honor my own boundaries and standards.

I parent with consistency and credibility.

What area of self-respect requires the most growth from me right now?
