



What here is actually yours to control, and what isn't?

One step at a time.

Take the situation sitting heaviest on you right now. Just one, the one your mind keeps returning to.

List the aspects you want to, or feel you need to, control. Everything about it you are trying to hold, fix, or make come out right. No sorting yet.

Split that list into the two columns below. For each one, be strict: is this actually mine to control, or not?

Mine to control	Not mine to control

Now look only at the left column. That is where your energy belongs, and it is enough. It is also what you build your plan of action from: everything you will actually do lives in that column. Everything on the right you can set down, not because it does not matter, but because holding it changes nothing there and drains everything here.

The right column is not abandoned. The few things in it that could genuinely harm get a line: a trigger point you decide now, calm, with a pre-planned response that does not run through the other parent. Keep the lines few, two or three at most. A line for everything means watching everything, and that is the exhaustion you are stepping out of. "My line, decided calm" is for this, later in this worksheet.



STEADY YOURSELF BEFORE YOU TEND THEM

This matters more here than almost anywhere. The protection in this module runs through steadiness and warmth, and you cannot offer either while your own system is in alarm. If fear is firing in you, or fury, your child cannot receive calm from you, because you do not have calm to give in that moment. The same is true for them: a frightened child cannot take in comfort until the fear itself comes down first. So the order is always: settle the body, yours first, then theirs, and only then the tending. Bring the alarm down before you try to be the safe place. That is not a delay. It is what makes the safe place real.

My line, decided calm

The specific thing I will act on

What I will do, and the route that does not depend on the other parent (solicitor, school, GP, my record)

IF A CHILD IS AT RISK

If you believe a child is at risk of harm, do not wait for a line. Contact the appropriate authorities or a professional now. The line is for everything below that point, never a reason to delay on safety. And if you have reported before and nothing happened, or all you have is what your child tells you: do not stop. One report rarely moves anything on its own. Reports build a record, records build a pattern, and patterns are what authorities act on. Keep raising it through the routes that write things down: the GP, the school's safeguarding lead, the health visitor. At home, write down what your child says, in their words, dated, without questioning or prompting them, and let the trained people do the asking. And keep being the one who believes them. That is not nothing. For a child who is not being heard elsewhere, it is the protection that holds them together.



My protection, and my line

The protection that is fully yours to give, whatever happens in the other home. One concrete way I will do each, this week.

Be the stable base

Be the witness

Believe them

Hold space

One thing I have been blaming myself for that was actually outside my control (the plane I was never flying)
