

THE GREY ROCK RECOVERY™

The Unshakable Parent Communication Audit

Review your recent interactions. See your patterns clearly. Build your plan.

This audit is not a test, and it is not asking whether you got everything right. It's a way to see how you actually participate in difficult co-parenting communication right now, clearly enough that you can measure real change later.

Use it twice: once now, as your starting point, and again after your 30-Day Unshakable Parent Reset, to see what's genuinely different. Compare yourself with you. Not with an imaginary calm co-parent.

Set aside 20 to 30 quiet minutes. Think back over your last 10 co-parenting interactions: texts, emails, calls, or in-person exchanges. Complete one card per interaction in Part 1. Then use Parts 2–4 to find your patterns and build your plan.

Part 1 of 4: The 10-Interaction Audit Log

Fill in one card per interaction. Be honest rather than impressive, this document is for you, not for anyone else.

Interaction #1, Date	
Channel (text / email / in person / phone / app)	
What happened? (one factual sentence)	
What did I notice? (body / lure / urge)	

Did I pause? (breaths / distance / audio / draft)	
What did the situation actually require?	
What did I actually do?	
Category	☐ Intentional & regulated ☐ Partly intentional ☐ Reactive ☐ No response required ☐ Urgent action required
What would I do next time?	

Interaction #2, Date	
Channel (text / email / in person / phone / app)	
What happened? (one factual sentence)	
What did I notice? (body / lure / urge)	
Did I pause? (breaths / distance / audio / draft)	
What did the situation actually require?	
What did I actually do?	
Category	☐ Intentional & regulated ☐ Partly intentional ☐ Reactive ☐ No response required ☐ Urgent action required
What would I do next time?	

Interaction #3, Date	
Channel (text / email / in person / phone / app)	
What happened? (one factual sentence)	
What did I notice? (body / lure / urge)	
Did I pause? (breaths / distance / audio / draft)	
What did the situation actually require?	
What did I actually do?	
Category	☐ Intentional & regulated ☐ Partly intentional ☐ Reactive ☐ No response required ☐ Urgent action required
What would I do next time?	

Interaction #4, Date	
Channel (text / email / in person / phone / app)	
What happened? (one factual sentence)	
What did I notice? (body / lure / urge)	

Did I pause? (breaths / distance / audio / draft)	
What did the situation actually require?	
What did I actually do?	
Category	☐ Intentional & regulated ☐ Partly intentional ☐ Reactive ☐ No response required ☐ Urgent action required
What would I do next time?	

Interaction #5, Date	
Channel (text / email / in person / phone / app)	
What happened? (one factual sentence)	
What did I notice? (body / lure / urge)	
Did I pause? (breaths / distance / audio / draft)	
What did the situation actually require?	
What did I actually do?	
Category	☐ Intentional & regulated ☐ Partly intentional ☐ Reactive ☐ No response required ☐ Urgent action required
What would I do next time?	

Interaction #6, Date	
Channel (text / email / in person / phone / app)	
What happened? (one factual sentence)	
What did I notice? (body / lure / urge)	
Did I pause? (breaths / distance / audio / draft)	
What did the situation actually require?	
What did I actually do?	
Category	☐ Intentional & regulated ☐ Partly intentional ☐ Reactive ☐ No response required ☐ Urgent action required
What would I do next time?	

Interaction #7, Date	
Channel (text / email / in person / phone / app)	
What happened? (one factual sentence)	
What did I notice? (body / lure / urge)	

Did I pause? (breaths / distance / audio / draft)	
What did the situation actually require?	
What did I actually do?	
Category	☐ Intentional & regulated ☐ Partly intentional ☐ Reactive ☐ No response required ☐ Urgent action required
What would I do next time?	

Interaction #8, Date	
Channel (text / email / in person / phone / app)	
What happened? (one factual sentence)	
What did I notice? (body / lure / urge)	
Did I pause? (breaths / distance / audio / draft)	
What did the situation actually require?	
What did I actually do?	
Category	☐ Intentional & regulated ☐ Partly intentional ☐ Reactive ☐ No response required ☐ Urgent action required
What would I do next time?	

Interaction #9, Date	
Channel (text / email / in person / phone / app)	
What happened? (one factual sentence)	
What did I notice? (body / lure / urge)	
Did I pause? (breaths / distance / audio / draft)	
What did the situation actually require?	
What did I actually do?	
Category	☐ Intentional & regulated ☐ Partly intentional ☐ Reactive ☐ No response required ☐ Urgent action required
What would I do next time?	

Interaction #10, Date	
Channel (text / email / in person / phone / app)	
What happened? (one factual sentence)	
What did I notice? (body / lure / urge)	

Did I pause? (breaths / distance / audio / draft)	
What did the situation actually require?	
What did I actually do?	
Category	☐ Intentional & regulated ☐ Partly intentional ☐ Reactive ☐ No response required ☐ Urgent action required
What would I do next time?	

Part 2 of 4: Understand Your Five Categories

Before you tally anything, remember what each category actually means. These describe a response or a situation, never you as a person.

Intentional & Regulated

You may still have felt angry, hurt, or anxious, but you chose the response rather than your activation choosing it for you.

Partly Intentional

Where most real progress lives. You were triggered and the old pattern had some influence, but the new pattern was also present, you sent less than you once would have, or caught yourself partway through.

Reactive

The old pattern ran the exchange: defending, over-explaining, counterattacking, involving your child, or continuing well past the point the practical issue was resolved.

No Response Required

A character attack with no new parenting information, or an attempt to reopen something already resolved. Not everything that arrives needs an answer.

Urgent Action Required

A genuine safety, health, or time-sensitive issue. Calm does not mean passive, these situations need real, prompt action.

Part 3 of 4: Tally & Patterns

Your Tally

Intentional & regulated: _____

Partly intentional: _____

Reactive: _____

No response required: _____

Urgent action required: _____

Look for the Pattern, Not the Score

There is no passing number here. You're looking for information you can use.

- Which category shows up most often?
- Is there one channel (text, phone, in person) where you're most often reactive?
- Is there one subject (money, schedules, your parenting, a new partner) that appears across several 'Reactive' cards?
- What's the earliest point in those interactions where you could have paused, stripped the message, or exited sooner?

My strongest recurring lure is:

The channel or moment that pulls me in most easily is:

The point where I could most usefully interrupt the pattern is:

Part 4 of 4: Your Personal Action Plan

Turn what you've just seen into something specific you can actually use next time.

My earliest physical warning sign is:

My strongest emotional lure is:

When I notice it, my first action will be:

Before I send an activating message, I will ask:

The STONE step I most need to practise is:

When my child is affected, I will remember:

When communication is complete, I will return to:

The peace I am protecting is:

Keep this document somewhere you can find it again in 30 days. Progress is often quiet: fewer words, a phone left untouched, a child who never knew a difficult message had arrived. This audit is how you make that progress visible to yourself.