

Thank you for your interest in The Divorce Honor Code and Parental Wish List templates, which are offered as support tools for those desiring to complete their marriage or committed relationship with integrity and honor for all parties involved—both spouses and children.

Both documents are excerpted from the book  
*The New Divorce Paradigm Journal*  
An explorative workbook designed to help you transition  
your relationship with integrity

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## The Divorce Honor Code and Parental Wish List

When we divorce, even though we are beginning a solo journey in many ways, we will still have desires for certain outcomes with our former spouse. This Honor Code will be particularly helpful in the more difficult times of the divorce process.

Page 2 is a sample of a Divorce Honor Code. You may use page 3 as is or create your own on page 4.

It is strongly suggested that you offer a copy of this Honor Code to your former spouse as a symbol of your commitment to remaining respectful and caring in the future.

The Parental Wish list, found on page 5, needs to be completed only if you and your former spouse had a child or children together. As a couple with children, you do need to agree about some things.



# My Divorce Honor Code

I, Joslin Adams, make to myself the promises listed below. This list shows the actions and behaviors by which I commit to live, regardless of what my former spouse does. I do so in the confidence that these actions will spawn the care and support necessary to create the gentlest and most respectful divorce journey.

I promise to be honest with you in all dealings.

I promise to speak caringly and kindly about you to our child(ren).

I promise to speak with you when concerns arise regarding our child(ren) with respect to their well-being or financial matters.

I promise to be respectful of your personal boundaries.

I promise to treat you as I would want to be treated.

I promise to deal with issues that are current rather than those of the past.

I promise to ask for the space and time to heal when it is necessary.

I promise to put our child(ren)'s needs before mine.

I promise to be courteous.

I promise to value your time and your emotional process.

I promise to instruct our child(ren) to speak with you directly about issues pertaining to you.

I make these promises on November 2, 2006.



Sign: Joslin Adams

# My Divorce Honor Code

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I promise to be courteous.

I promise to value your time and your emotional process.

I promise to instruct our child(ren) to speak with you directly about issues pertaining to you.

I make these promises on \_\_\_\_\_.



Sign: \_\_\_\_\_



# Parental Wish List

I, \_\_\_\_\_, make to myself the promises listed below. This list shows the actions and behaviors by which I commit to live, regardless of what my former spouse does. I do so in the confidence that these actions will spawn the care and support necessary to create the gentlest and most respectful divorce journey.

I would love to have our child(ren) \_\_\_\_\_ percent of the time.

I would love you to have our child(ren) \_\_\_\_\_ percent of the time.

My desire for our child(ren) is \_\_\_\_\_

I would love us to share weekends \_\_\_\_\_ percent of the time.

I would love us to \_\_\_\_\_ (e.g., share equally) the holidays and special times of the year.

I will not introduce our child(ren) to people I am dating for \_\_\_\_\_ months.

When I begin dating someone new, I will \_\_\_\_\_

When you begin dating someone new, will you \_\_\_\_\_

Our child(ren) are a priority, so I will \_\_\_\_\_

When our child(ren) are angry with you, I will \_\_\_\_\_

I agree to set up a regular time to discuss our child(ren)'s issues every \_\_\_\_\_

I make these promises on \_\_\_\_\_



Sign: \_\_\_\_\_

