

Morning 🌞 how are you feeling this morning? 9:11 am

Morning. I'm spent. This can't continue. 7/7 portal ... time for change. Are you in or out? 10:10 am ✓

I am in 10:54 am

I love you and I want the change as much as you do. 11:58 am

Love alone won't change this. I need you to spell out exactly what you're doing today to show up differently concrete **actions**, not vague intentions. And let me be clear ... I will **not** engage with stories about "stickiness," "trapped," or your conditional view of "masculine essence" to dodge ownership or accountability. That's avoidance dressed up as insight ... spiritual nullification. I'm not here to rescue, coach, or orbit around your process. Either take immediate, consistent action to show up with presence, ownership, and reciprocity or be honest you can't or won't, so we both stop wasting time.

1:02 pm ✓

What I will do:

- Book with Alison Cassy as my individual therapist.
- Re-book neurology and gastrointestinal consultant appointments.
- Engage with a prescribed medical cannabis provider.

Edited 1:18 pm ✓

What I have done and continue to work on

- increased my individual therapy with Colin to weekly
- asked Colin for couples counselling support for us - referral as he cannot do it. I will start looking for someone later today
- I discussed legacy and forward parenting agreements / new boundaries / adjustments to be put in place immediately
- Updated our diary until September, and working on the rest of the year
- Transferred money into our joint account
- I continue to work on financial order to be submitted to solicitor for review by end of this week latest

2:36 pm

Thank you for sharing these steps. I acknowledge some action there and that gives me some hope. What matters most now is consistent follow-through ... that's what will build our trust and safety. I'm committed to my own steps too. You know I love you Jo 🌞 x

4:30 pm ✓

I know you love me, and you're right that we need meaningful changes. I'm committed to being fully transparent and honest going forward. I want to step out of avoidance as this is my ongoing healing journey that impacts those I love.

5:01 pm

And having said that, I want to share the agreements made I mentioned in my last message, so there's no ambiguity and you can see exactly where things stand x

5:03 pm

Key agreements
Financial clarity

- We will prioritise the review and signing of the financial order, to ensure full transparency and stability.
- This is especially important as James and I are planning to get married and want a completely clean financial slate.
- The current financial arrangement continues until October, when it will be formally re-evaluated based on employment situation of both.

Parenting schedule

- We've agreed on a 3-month arrangement (September–December) of alternating weeks with each parent, clearly mapped out in a shared family calendar.
- We will review this arrangement early Dec or sooner if major life circumstances change (such as a house move or new job).
- Any changes must be agreed well in advance, so there are no last-minute disrupt

...Read more

5:06 pm

I appreciate the clarity of these agreements between **you** and your **ex**, **but** I need to be clear about something fundamental: the alternating weekly parenting schedule *feels* like a *fait accompli* and doesn't align with **my vision** or *needs*. I don't want to recreate the dynamic I stepped away from in February, and I'm not comfortable committing to a structure that ties me to the UK long-term or anywhere *dictated* by outside influence. While you often speak of **co-creation**, these plans feel decided without me; **We** need to discuss what this means for **us** practically, including how **we'd** navigate **my desire** and **our potential shared desire** to build a life elsewhere.

5:55 pm ✓

I appreciate you sharing how this looks and feels from your perspective. We've talked about this before, and I want to be clear again that this agreement doesn't determine our long-term future. It's a necessary short-term change that's needed to create more stability and transparency while we are in the process of deciding, defining the practical shape of the life we want to build together. We need to discuss this intimately together, I was just sharing key principles of what needed adjusting in the meantime.

6:26 pm

Honestly Jo, my first instinct is to just roll my eyes we've circled this too many times. But the truth is, this still feels like a version of "Here's what's happening, now let's discuss it." That's not co-creation. That's managing me after decisions are made. I'm not available for that anymore.

6:33 pm ✓



Voice call

Return calls with the Mac app

6:37 pm

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Respect for new lives & family dynamics

- We both fully respect the impact on new partners and evolving family dynamics, which means:
 - * No unexpected or surprise show-ups, unplanned drop-offs, or drop-ins at each other's homes.
 - * No calls on each other's personal phones to check or monitor. Children connect directly with the other parent on agreed days.
- Parenting values and boundaries in each home are clear, respected, regularly discussed, and mutually reinforced, so the children have clarity, consistency, and emotional safety in both homes. Children are clear on the rules values boundaries roles and expectations - we commit to communicating and reinforcing these.
- We agree to participate equally in parenting decisions, support each other's role as a parent, and avoid any default 'lead parent' dynamic, so the children see us both as actively involved.

Role of our partners

- Our partners are not our children's parents and are not expected to take on a parental role.
- However, they do have the authority to reinforce household rules and parenting boundaries when present

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