

Post-Order Drift – What’s Slipping?

A self-assessment tool for parents and professionals managing life after final orders

Why This Diagnostic Exists

Not all breaches look like breaches. In many cases, the parenting orders are technically followed—but emotionally, structurally, or practically, things are starting to unravel. This diagnostic helps you name what’s slipping, where, and whether intervention or recalibration may be needed.

There’s no blame here. Just a lens to help professionals and parents track what’s real. This tool can be used privately, in team meetings, or as a neutral conversation starter during post-court case reviews.

Mark a X for any that apply:

Question Number	Reflection Questions	Result
1	The parenting orders are being followed on paper, but communication is breaking down	
2	One parent is consistently late, vague, or unresponsive—but still claims to be 'compliant'.	
3	The child seems anxious, withdrawn, or unsure of how to speak freely around both parents.	
4	Information about school, medical, or social activities is not being shared	
5	Boundaries are being eroded gradually—not enough to breach orders, but enough to destabilise safety.	
6	The child is beginning to echo adult views or stress in language that feels scripted.	
7	You sense the co-parenting dynamic is shifting—but can’t prove what’s changed.	

Your score: ___ | 7

Part 2: What Might Be Going On

Score Range	Phase	How Does it Look Now
0–2	Recalibration Phase	Minor friction. Stay observant and avoid escalating unnecessarily. A drift log can help identify patterns over time.

3–5	System Drift	The family system may be experiencing emotional and structural erosion—subtle, but impactful. Containment is key.
6–7	Strategic Misalignment	The court orders may no longer reflect lived reality. A structured review or modification process may now be necessary

Part 3: What That Score Means

Depending on your score:

Score Range	What You Might Need
0–2	Observation. Document calmly. Monitor without panic. Hold structure quietly.
3–5	Containment. Set clearer boundaries and name what’s shifting—without escalating blame.
6–7	Strategy. Consider legal, relational, and emotional interventions to restore alignment and protect long-term wellbeing.

Part 4: Your Next Step


Anchor & Light supports families and professionals navigating high-conflict co-parenting and quiet system breakdowns.

If this diagnostic felt true:

Use it with clients, colleagues, or court support teams

Pair it with a **Rebuild Consult** to develop a strategic response

Maintain documentation and containment while planning forward

 DM us “Drift” or visit: www.anchorandlight.life

Professional Usage Note

This resource is designed to support clarity and emotional steadiness during periods of transition or collapse. It does not constitute legal, clinical, financial, or therapeutic advice.

Please consult a qualified professional for advice specific to your circumstances.

This document may be distributed internally by therapists, lawyers, or HR professionals as a support resource. It is not a legal brief or clinical protocol.

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Strategic Rebuilders in Legal, Emotional, and Relational Collapse

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This document is not legal or clinical advice.