



THE DOMAIN HANDOVER WORKSHEET

A Structural Reframe for Equal Partnership & Differentiation

The Core Rule: You cannot hand over a "task" without handing over the mental weight behind it. True delegation requires stepping out of the Parent-Child dynamic by giving one partner complete, uninterrupted ownership of the entire cognitive stack:
Conceive, Plan, and Execute.

STEP 1: DEFINE THE MICRO-DOMAIN

Pick a highly specific, small domain to transition. Do not try to hand over all "parenting" or "food." Instead, choose a clear, isolated loop (e.g., Sunday night dinners, the dog's veterinary care, or the kids' sports schedules).

The Specific Domain Being Handed Over:	
Current Default Manager:	
New Sole Owner:	

STEP 2: MAP THE COGNITIVE STACK

1. CONCEIVE (ANTICIPATE)	2. PLAN (ORGANISE)	3. EXECUTE (COMPLETE)
Noticing the need before it becomes an emergency. Knowing when supplies are running low, tracking dates, and understanding the context.	Deciding how to solve it. Researching, budgeting, assembling ingredients, booking appointments, and structuring the execution.	Following through cleanly to the finish line. Putting the item away, updating calendars, closing the communication loop.

What items, schedules, or timelines must the New Owner track independently for this domain?



STEP 3: ESTABLISH THE MINIMUM STANDARD

To avoid maternal/paternal gatekeeping and criticism, you must align on what "done" actually looks like. Sit down and negotiate a mutual standard that both partners agree is acceptable. Once established, the standard cannot be shifted arbitrarily.

Our Collective Baseline / "Definition of Done" for this domain is:

STEP 4: THE CLEAN BREAK COMMITMENTS

- The Manager commits:** I will completely step out of this territory. I will not issue reminders, check up on progress, offer unsolicited advice, or redo the task if it is executed differently from my personal style.
- The New Owner commits:** I take complete responsibility for this ecosystem. I will not treat my partner as a supervisor by asking "what do I do next?". If I need help, I will make a direct, clear request, while retaining ownership of the final result.
- Both partners commit:** We understand that mistakes, friction, or different approaches are a normal part of differentiation. If the standard isn't met, we will discuss it calmly during a dedicated check-in, not in the heat of the moment.

THE PARTNERSHIP COVENANT

"We choose to step away from blame, nagging, and the parent-child trap. We trust each other as fully capable adults, and we protect each other's emotional peace by carrying our shared load together."

Manager Signature / Date

New Owner Signature / Date