

# 8.3: Preparing for Divorce Mediation.

The more thinking you do ahead of time about the issues you will need to settle in divorce mediation, the smoother things will go, the less time it will take, and the less it will cost. So, to help with this, answer the questions below as best you can.

<p><b>Problem Definition:</b>          What are main items for mediation from your perspective?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol> <p>What are your goals for mediation?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<p>How do you think the other person is defining the items for mediation?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol> <p>What are your goals for your children?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
<p><b>Option 1: Status Quo Continues</b>          What options are you considering if there are no changes in current temporary arrangement?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>	<p>What options do you think the other side is considering if there are no changes in temporary arrangement?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>
<p><b>Option 2: Listing Non-Negotiables: An item about which you are not willing to make any concessions.</b>          What is non-negotiable for you?</p>	<p>What do you think is non-negotiable for the other side?</p>
<p><b>Option 3: Creating New Options</b>          What options would make you satisfied?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>	<p>What options do you think would make the other party satisfied?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>

<p>Option 4: Commitment to Process          What are you willing to offer and make a commitment to?</p>	<p>How would you like to communicate with the other person if a future problem arises?</p>
<p>Option 5: Learning from the past.          If you could go back in time what would you do differently?           Why?</p>	<p>Are you willing to learn from the past problem and move forward?           Are you willing to move forward with a cooperative “co-parenting” relationship?</p>