

Setting Ground Rules and Intentions To Create Soft Landings



Divorce the
Smartway

Setting Intentions

By focusing your own thoughts and actions in each conversation, you can expect different results

1.

I will focus on the future and not the past.

A "no-fault" divorce means that neither of us did anything wrong to end the marriage. Whatever happened during the marriage is not relevant and will not affect how I negotiate property or decisions regarding our children.

2.

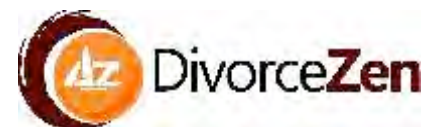
I will treat my spouse with dignity because his or her role in the marriage was valuable.

Everything we have acquired during the marriage belongs to both of us. I will not focus on whose name was on the asset, but rather what will make both of us feel secure going forward.

3.

I will recognize that each of us is good parents in our own way.

Each of us loves our children. Because I want the best for my children, I will keep in mind that contact with both parents is important for their well-being.



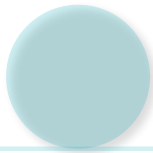
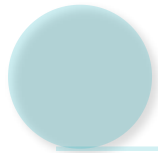
Approach the conversation thinking win-win.

Laying the Groundrules

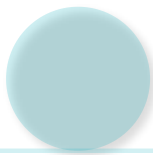
**Show up differently. Set boundaries. Be clear.
Expect productive discussion.**

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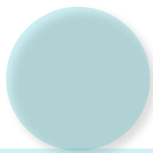
Inside the mediation room



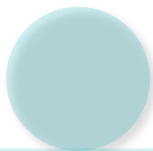
I will not bring up the past, lay blame, or fixate on irrelevant topics.



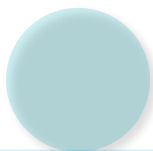
I will do my best to show up to mediation with a clear mind and healthy attitude. I will not take action or make final decisions while angry, resentful or in a hurt place.



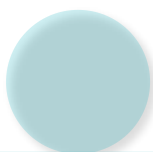
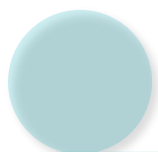
If children are involved, I will consider their needs first in all decisions.



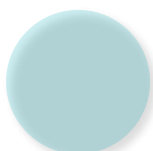
I will do my best to put my trust in the mediator and the mediation process.



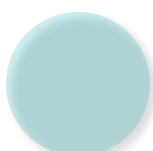
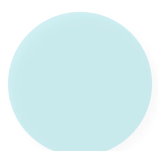
I will not take my spouse by surprise or put him or her on the spot to make quick decisions. We will talk at scheduled times.



I will not interrupt my spouse. Instead, I will let him or her fully express ideas.



I will not use ultimatums like, "I will have this or else.." I will ask for what I need first - not what I want.



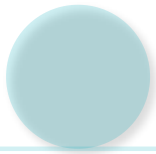
I will not criticize my spouse when I disagree. Instead, I will ask questions to understand further and validate thoughts and opinions.



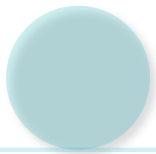
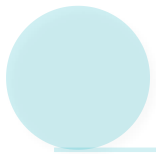
Laying the Groundrules

Throughout the process

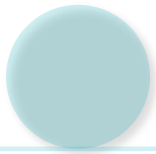
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I will seek out other sources of support, as needed so that my emotions will not get in the way of the process. and keep my spirits up.



I agree not to speak ill about each other to our children. I will will reinforce that we both love and protect our children.



I agree not to sell, trade, destroy, devalue, or dispose of any marital property.

Any form of power, control, or competition will create conflict - and everyone will lose.

