

## HOW READY AM I FOR MEDIATION?

When a relationship is coming to an end or has ended, cooperating with the other parent is not always easy. Sometimes one parent believes the other has caused the feelings of disappointment, loss and pain. This questionnaire will help you realize how ready you are to use mediation to decide (1) how you are to spend time with your child/ren, and (2) how you can continue being an active and responsible parent.

Name \_\_\_\_\_ Date \_\_\_\_\_

(Circle the number closest to how you think and feel right now.)

Somewhat Yes

No

- |   |   |   |
|---|---|---|
| 1. Do I <u>value</u> our child/ren's relationship with the other parent?<br>3   | 1 | 2 |
| 2. Am I <u>willing</u> to consider our children's needs above my own?<br>3  | 1 | 2 |
| 3. Can I <u>share</u> our child/ren (and be separate from them) when they are with the other parent?<br>3                   | 1 | 2 |
| 4. Can I <u>share</u> control, authority and decision-making regarding our children?<br>3                                   | 1 | 2 |
| 5. Am I <u>willing</u> to protect our child/ren from my angry or hurt feelings and complaints about the other parent?<br>3  | 1 | 2 |
| 6. Am I <u>openly</u> supportive of the child/ren's relationship with their other parent?<br>3                              | 1 | 2 |
| 7. Is it <u>really</u> okay with me for them to have a full relationship with their other parent?<br>3                      | 1 | 2 |
| 8. Can I <u>stick</u> to the issues about our child/ren when we communicate about them?<br>3                                | 1 | 2 |
| 9. Can I <u>accept</u> the differences in the other parent's style of parenting?<br>3                                       | 1 | 2 |
| 10. Am I <u>willing</u> to work with the other parent to find a way to handle the fact that we have these differences?<br>3 | 1 | 2 |
| 11. Am I <u>willing</u> to have open and honest communication with the other parent about our child/ren?<br>3               | 1 | 2 |
| 12. Am I <u>willing</u> that our child/ren spend time, on an overnight basis with their other parent?<br>3                  | 1 | 2 |
| 13. Am I <u>ready</u> to let go of some of my hopes, fears and  |   |   |

- disappointments? 1 2  
3
14. Am I willing to put aside my anger while dealing with the issues? 1 2  
3
15. Do I really want to resolve our issues fairly? 1 2  
3
16. Where I circled a 1 or 2, am I willing to discuss my needs  
around that issue? 1 2  
3

Number 1 shows you may not be ready to mediate this time, or have strong concerns or feelings about it. Where you circled 1 or 2, please describe your concerns below:

COMMENTS OR CONCERNS:

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