

10 QUESTIONS TO BUILD YOUR COLLABORATIVE CO-PARENTING CAPACITY – Use back of sheet if needed

MANY THANKS TO NANCY J. FOSTER,
NORTHERN CALIFORNIA MEDIATION CENTER, NCMC-MEDIATE.ORG

1. What are your highest hopes for your post-divorce co-parenting relationship?
2. What are the specific strengths of your co-parenting relationship?
3. What are your own, specific personal strengths?
4. What are the specific personal strengths of your co-parent?
5. What are the specific strengths of each of your children?
6. What are the 2 or 3 most important personal needs and interests you want expressed and honored in your co-parenting relationship?
7. What do you think are the 2 or 3 most important personal needs and interests your co-parent would want honored in your co-parenting relationship?
8. Describe a difficult incident in your co-parenting relationship that you feel was handled well by both you and your co-parent.
9. What are some effective ways you have developed to calm yourself when you are feeling upset?
10. When sitting in meetings where your co-parent is present, which of *your* strengths would it be most effective to bring forward?
Which of *your* characteristics would it be most effective to restrain – what's your plan for doing this?