

ANSWER 10 QUESTIONS THAT BUILD YOUR COLLABORATIVE CAPACITY

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- 1. What are your highest hopes for your post-divorce relationship/family relationships?**
- 2. What are the strengths of your and your partner's relationship?**
- 3. What are your own personal strengths?**
- 4. What are the personal strengths of your partner?**
- 5. What are the 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 the final resolution?**
- 7. What do you think are the 2 or 3 most important personal needs and interests your partner would want honored in the final resolution?**
- 8. Describe a difficult incident in your relationship that you feel was handled well by you and your partner.**
- 9. What are some effective ways you have developed to calm yourself when you are feeling upset?**
- 10. When sitting in meetings where your partner is present, what strengths do you think would be most effective to bring forward?**

From George B. Richardson - Streamlined Protocols for Collaborative Divorce 6/13/14.
Adapted by Ria Severance to use more inclusive language.

What part(s) of you do you think it would be most effective to restrain?