

**IS COLLABORATIVE DIVORCE
A SUITABLE PROCESS FOR ME?
(10 TIPS TO HELP YOU DECIDE)**

**MANY THANKS TO NANCY J. FOSTER,
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- 1. I know I'll be better served in the long run if my partner and children are also well served. I want my children to be in the center rather than in the middle.**
- 2. I want to speak and act from my best self, although at times my words and actions may come from my worst self.**
- 3. I want my lawyer to be a wise legal counselor and engaged ethical agent, rather than a hired gun and alter ego.**
- 4. I am willing to be in the same room with my partner, and to speak for myself and my own legitimate self interests, with the assistance of one or more collaborative professionals.**
- 5. I am open to solutions that respect my own and my partner's needs and interests.**
- 6. I want to make decisions affecting my own and my family's future from a place of calm, considered wisdom, rather than from a place of anger, humiliation and fear – although I may be experiencing such difficult feelings now, and during the process of dissolving our union.**
- 7. If it were possible, I prefer a deeper resolution than a shallow peace.**
- 8. I know that at times things will feel difficult and uncomfortable. I am willing to be with that discomfort and persevere through the process.**
- 9. I want to act ethically for my self, my partner and my children.**
- 10. When the divorce is complete, I want to be able to look back and feel good about the outcome and how I handled myself in the process.**