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# Setting Ground Rules .. and .. Intentions

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MAIN LINE   
FAMILY LAW CENTER

**DIVORCE**  
*Essentials*

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The information contained in this download was created and published by Main Line Family Law Center and Divorce Essentials, with added contribution from Dr Chris Fariello, Ph.D., Founder and Director of Philadelphia Institute for Individual, Relational and Sex Therapy.

# 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 to 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 are 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.**

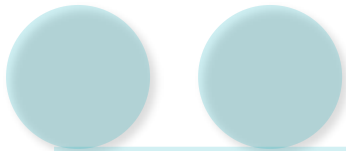


# Laying the Groundrules

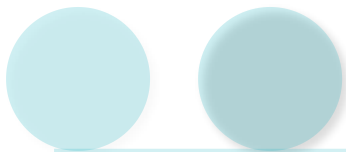
**Show up differently. Set boundaries. Be clear.  
Expect productive discussion.**

## Inside the mediation room

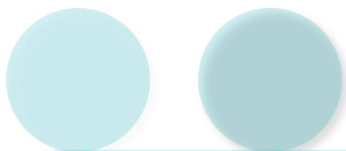
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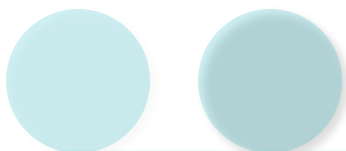
I will not interrupt my spouse. Instead, I will let him or her fully express ideas.



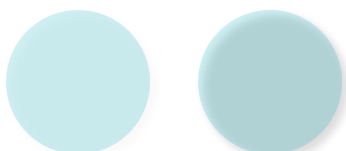
I will not criticize my spouse when I disagree. Instead, I will ask questions to further understand and validate thoughts and opinions..



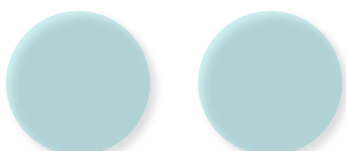
I will not use ultimatums like, "I will have this or else.." I will ask for what I need first - not what I want.



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



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



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



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.

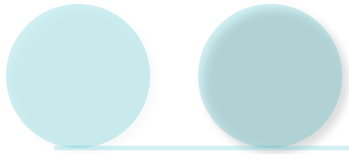


I will not bring up the past, lay blame, or fixate on irrelevant topics.

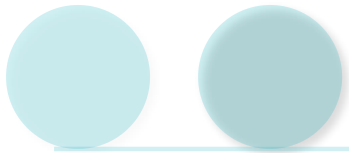


# Laying the Groundrules

## Throughout the process



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.**