

Mediation

CHECK LIST

☐ **REPAIR & RECONNECTION**

- THINGS WE'VE SWEEPED UNDER THE RUG—BUT CAN'T IGNORE ANYMORE
- WHAT WILL IT REALISTICALLY TAKE TO MAKE THIS MARRIAGE WORK?
- REVISITING PAST EVENTS THAT KEEP RESURFACING
- FINDING ACCOUNTABILITY FOR PAST ACTIONS
- DEFINING WHAT “MOVING FORWARD” REALLY LOOKS LIKE—FOR US BOTH

☐ **COMMUNICATION & CONFLICT**

- LEARNING AND PRACTICING BETTER CONFLICT RESOLUTION SKILLS
- SETTING HEALTHY BOUNDARIES MOVING FORWARD

☐ **FINANCES & PLANNING**

- ALIGNING OUR FINANCIAL HABITS AND GOALS
- PLANNING FOR CHILDREN OR EXPANDING OUR FAMILY

☐ **FAMILY & OUTSIDE DYNAMICS**

- MANAGING FAMILY DYNAMICS (IN-LAWS, PARENTING ROLES, EXTENDED FAMILY INFLUENCES)