

Mediation

SHORT LIST OF COMMON CONVERSATIONS



COMMUNICATION PATTERNS

- UNPRODUCTIVE ARGUMENTS THAT ALWAYS ESCALATE
- FEELING MISUNDERSTOOD OR DISMISSED
- SHUTTING DOWN OR STONEWALLING DURING CONFLICT
- CONSTANT DEFENSIVENESS OR CRITICISM
- "WE CAN'T TALK WITHOUT IT BECOMING A FIGHT"



TRUST & EMOTIONAL SAFETY

- PAST INFIDELITY OR SECRECY THAT HASN'T BEEN HEALED
- ONGOING SUSPICION OR LACK OF TRANSPARENCY
- FEAR OF BEING VULNERABLE AGAIN
- FEELING EMOTIONALLY UNSAFE OR ATTACKED IN CONVERSATIONS
- "I WANT TO MOVE FORWARD, BUT I DON'T TRUST THEM ANYMORE"



INTIMACY & CONNECTION

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ROLES, RESPONSIBILITIES, & RESENTMENT

- IMBALANCE IN HOUSEHOLD DUTIES OR PARENTING LOAD
- ONE PARTNER FEELS TAKEN FOR GRANTED OR BURNED OUT
- FINANCIAL DECISIONS WITHOUT JOINT AGREEMENT
- CAREER VS. FAMILY TENSIONS
- "I'M DOING EVERYTHING, AND I'M TIRED"



SHARED VISION & COMMITMENT

- MISMATCHED GOALS FOR THE FUTURE (KIDS, LIFESTYLE, VALUES)
- UNSPOKEN DOUBTS ABOUT STAYING TOGETHER
- IN-LAW OR EXTENDED FAMILY BOUNDARIES
- RELIGIOUS OR CULTURAL CONFLICTS
- "I'M NOT SURE WE WANT THE SAME LIFE ANYMORE"