

Family Mediation

CHECK LIST



COMMUNICATION AND CONFLICT

- HOW WE MANAGE CONFLICT AS A FAMILY
- LEARNING HOW TO COMMUNICATE AND RESOLVE CONFLICT MORE EFFECTIVELY
- ADDRESSING A LONG-STANDING ISSUE THAT'S NEVER BEEN RESOLVED
- FINDING A PATH TOWARD FORGIVENESS
- SPEAKING THE UNSPOKEN: FAMILY SECRETS AND THEIR IMPACT



ROLES, RULES, & BOUNDARIES

- RE-EVALUATING FAMILY RULES, ROLES, AND EXPECTATIONS
- SETTING AND HONORING HEALTHY BOUNDARIES
- BUILDING ACCOUNTABILITY AND TRUST
- SIBLING RIVALRY OR TENSION AMONG ADULT SIBLINGS



DECISION-MAKING & RESPONSIBILITIES

- MAKING A MAJOR FAMILY DECISION TOGETHER
- NAVIGATING SHARED OR SHIFTING LIVING ARRANGEMENTS
- PLANNING FOR ELDERLY CARE AND SHARED RESPONSIBILITIES



MONEY AND SHARED RESOURCES

- HOW WE HANDLE MONEY AND FINANCIAL STRESSORS