

# Is Divorce Mediation Right For You?

## Self-Assessment Tool



### STEP 1: Take the Assessment

Circle your most truthful response next to each statement. Try to consider what your spouse might think by putting yourself in his/her shoes. For best results, both take the assessment separately and compare results.

	READINESS FACTOR	WHAT I THINK	WHAT MY SPOUSE MIGHT THINK
1	I am 100% fully resigned that our marriage is over.	yes / not sure / no	yes / not sure / no
2	I am willing to participate, get educated and do the necessary work so that I can advocate and negotiate for myself.	yes / with help / no	yes / with help / no
3	I am patient enough to give my spouse the time needed to get educated for a fair negotiation.	yes / with help / no	yes / with help / no
4	I'm willing to recognize that each of us played an important role in our marriage, and that has value in our negotiations.	yes / with help / no	yes / with help / no
5	My mental health is stable enough to endure difficult conversations and the changes to occur.	yes / with help / no	yes / with help / no
6	Substance abuse is under control to endure difficult conversations and the changes about to occur.	yes / with help / no	yes / with help / no
7	I can advocate for myself around finances.	yes / with help / no	yes / with help / no
8	I can advocate around our children's needs.	yes / with help / no	yes / with help / no
9	I am willing to put my trust in the mediation process.	yes / with help / no	yes / with help / no
10	I have a basic level of trust in my spouse when it comes to finances and/or making decisions regarding our children.	yes / with help / no	yes / with help / no
11	I am willing to disclose financial information.	yes / not sure / no	yes / not sure / no
12	I view mediation as a financial investment into my future, for myself and my family.	yes / with help / no	yes / with help / no

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### STEP 2: FIGURE OUT YOUR RESULTS

- If you both answered “YES” for all 12 of the factors, feel confident that **you are ready** to move forward and mediation will be successful. A [consultation with a divorce mediator](#) would be an ideal next step.
- If you answered “WITH HELP” or “NOT SURE” for any of the 12 factors, **you may not be ready** to move forward with divorce mediation just yet. BUT, you ARE in a pivotal window of time where you are [ready to get into the best mindset](#) to be able to mediate. See our suggestions for next steps below.
- If any 1 of your 12 answers are a definitive “NO,” then mediation may not be the best path for your situation. Consider the suggested next steps below.

### DIDN'T SCORE 100%?

### STEP 3: CONSIDER YOUR NEXT STEP

Divorce mediation can play a huge part in bringing peaceful closure to your marriage. BUT only if you're both ready, willing and right for the process. And that depends on whether you can each show up as mature adults who trust themselves, your mediator, and the mediation process.

### Ask yourself:

What is your biggest obstacle to a successful mediation process?

1. Marriage isn't over or [reluctant](#) spouse? → Consider working with a [clarity and mindset coach](#), or a [discernment or ambivalence counselor](#).
2. Trouble communicating clearly with your spouse regarding the kids and/or finances? → Consider working with a [clarity and mindset coach](#).
3. Not enough [trust](#)? Not willing to disclose financial information? → Consider a private initial consultation with a [mediation-friendly attorney](#), who could also represent you in a collaborative divorce if mediation isn't the best path.

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4. Afraid to speak up about decisions for your kids? → Consider working with [clarity and mindset coach](#).
5. Afraid to speak up about decisions around finances? → Consider working with a [clarity and mindset coach](#) or a [financial advisor](#).
6. Concerned that mental health or substance abuse isn't under control? → Find a [therapist](#) who specializes in divorcing an addict in OR contact a [collaborative lawyer](#) to represent you.
7. Don't think you can afford the financial investment of hiring a divorce mediator? Consider a low-cost [community mediation](#) center.
8. No motivation to get educated or do the necessary work to negotiate for yourself and your family? → Consider hiring a collaborative divorce [lawyer](#) to represent you. (You should know this is a significant investment of \$\$\$)

**If and when you are both ready to move forward,  
consider [My Healthy Divorce® Mediation Program](#).**

**REQUEST A CONSULTATION**

**WISHING YOU PEACE AND CLARITY.**