

# Setting Ground Rules and Intentions To Create Soft Landings



*Divorce the*  
**Smartway**

# 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 and will not affect how I negotiate property or decisions regarding our children.

**2.**

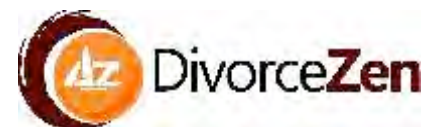
**I will treat my spouse with dignity because his or her role in the marriage was valuable.**

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 is 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.



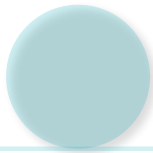
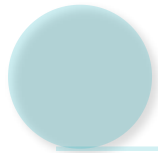
**Approach the conversation thinking win-win.**

# Laying the Groundrules

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

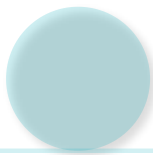
place initials here

## Inside the mediation room



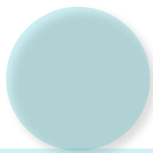
I will not bring up the past, lay blame, or fixate on irrelevant topics.

---



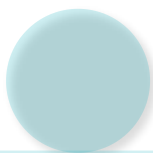
I will do my best to show up to mediation with a clear mind and healthy attitude. I will not take action or make final decisions while angry, resentful or in a hurt place.

---



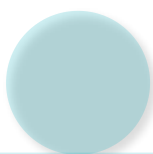
If children are involved, I will consider their needs first in all decisions.

---



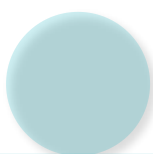
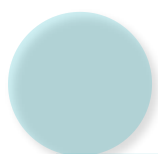
I will do my best to put my trust in the mediator and the mediation process.

---



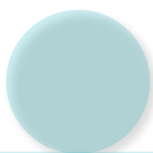
I will not take my spouse by surprise or put him or her on the spot to make quick decisions. We will talk at scheduled times.

---



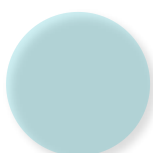
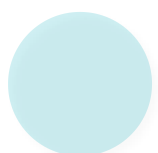
I will not interrupt my spouse. Instead, I will let him or her fully express ideas.

---



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 criticize my spouse when I disagree. Instead, I will ask questions to understand further and validate thoughts and opinions.

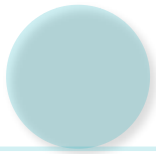
---



# Laying the Groundrules

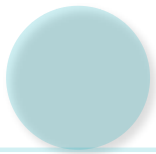
## Throughout the process

place initials here



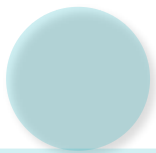
I will seek out other sources of support, as needed so that my emotions will not get in the way of the process. and keep my spirits up.

---



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 martial property.

---

**Any form of power, control, or competition will create conflict - and everyone will lose.**

