



Compassionate Divorce™

Mindful Process ~ Positive Outcomes

Please individually answer these questions. Once you have finished, discuss your answers with your partner. Review your overall responses together, while noting differences between your individual responses. The percentage of yes responses may provide you with an indication as to whether Compassionate Divorce is a good fit for you and your partner.

1. I believe that my spouse/partner and I will be committed to complete our divorce or separation without going to court.
2. I believe that my spouse/partner and I will be able to use self-reflection as a tool when going through our divorce or separation.
3. I believe that my spouse/partner and I will be able to arrive at a divorce or separation agreement in which we both get some of the things we want and give up others.
4. I believe that my spouse/partner and I can accept our own contributions to our separation and minimize blaming each other to arrive at a fair and reasonable divorce or separation agreement.
5. I believe that my spouse/partner and I are motivated to create a parenting plan that will allow our child(ren) to thrive after our separation or divorce.
6. I believe that my spouse/partner and I are motivated to create and maintain a positive and cooperative co-parenting relationship during and after our separation or divorce.
7. I believe that my spouse/partner and I are motivated to minimize the financial and emotional cost of our divorce and/or separation.



Call Chelsea Fletcher at (707) 525-5778 to answer any questions. She can schedule your first appointment with Jeff and Joann when you are ready to do so.