

Struggling With Whether to Start Mediation?

A few honest questions to sit with — no right answers, no one grading you.

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You don't have to have this figured out before you're allowed to think about it. These questions are here to help you notice where you actually stand, not to talk you into anything.

Where things stand

1. Are you and your co-parent (or partner) seeing this the same way — or differently?

You don't have to agree on everything to move forward. But it helps to know where you each actually are.

2. Have you both done what you could to work through this outside of mediation?

Not everyone has, and that's alright to admit. Some people find a short period of counseling or coaching clarifies things before any formal process.

3. What happens if you do nothing, for now?

Sometimes naming the cost of staying still is more clarifying than naming the reasons to act.

What matters most to you

4. If you have children, what do they need most right now — not eventually, right now?

5. What are the two or three decisions that actually keep you up at night?

Money, the house, time with your kids, how you'll communicate going forward — most people have one or two that matter far more than the rest.

6. What kind of relationship do you want with your co-parent or ex-partner once this is behind you?

Not required to have an answer. Worth asking yourself anyway.

About the process itself

7. Do you need a courtroom, or do you need a conversation?

Most people assume conflict requires a fight. Many don't end up needing one.

8. Could you and the other person actually sit down and talk, listen, and be honest with each other — even if it's hard right now?

This is the real test for whether mediation could work, more than whether you get along.

9. What would it mean to have one neutral person helping you both, instead of two people each arguing a side?

10. What are you most afraid mediation might cost you — not in dollars, but in control, fairness, or being heard?

Naming the ambivalence directly

11. What's pulling you toward doing something about this?

12. What's holding you back?

13. If a friend described your exact situation to you, what would you tell them to consider?

If you want to talk any of this through with someone rather than a page, you're welcome to call — no obligation, no assumption you've decided anything yet.