

CONFLICT AND COMMUNICATION QUESTIONNAIRE

The purpose of this questionnaire is to give your mediator information to help design the most suitable mediation process for you and your former partner so that you can reach your own decisions, with the mediator's help, and avoid court.

You answers will not be shared with your former partner without your permission.

Name.....

1. Which of the following best describes your relationship with your spouse/partner?

- ☐ Divorcing/separating and living apart
- ☐ Divorcing/separating but still living together
- ☐ Never married and used to live together
- ☐ Already divorced/separated
- ☐ Never married, never lived together

2. What process(es) have you been involved in to date? Check all that apply.

- ☐ Nothing formal; we have only talked with each other
- ☐ Solicitor led negotiations– successful
- ☐ Solicitor led negotiations - unsuccessful
- ☐ Mediation – successfully
- ☐ Mediation – unsuccessful
- ☐ Court/Arbitration – once
- ☐ Court/Arbitration – more than once

3. What process(es) have you used if any to assist with disagreements about parenting?

- ☐ Nothing formal; we have only talked with each other
- ☐ Solicitor led negotiations– successful
- ☐ Solicitor led negotiations - unsuccessful
- ☐ Mediation – successfully
- ☐ Mediation – unsuccessful
- ☐ Court/Arbitration – once
- ☐ Court/Arbitration – more than once

4. How comfortable are you being in the same room with your partner, discussing difficult issues?



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- ☐ Comfortable
 - ☐ Difficult, but we can do it with some support or facilitation
 - ☐ Uncomfortable – I can't express myself or don't get a chance to talk when we have difficult conversations
5. How well do you and your partner co-operate?
- ☐ We generally co-operate well
 - ☐ We co-operate some of the time
 - ☐ We do not co-operate well
 - ☐ Co-operation is almost always impossible
 - ☐ No contact or co-operation is possible
6. How well do you and your partner communicate?
- ☐ We generally communicate well
 - ☐ We can communicate well some of the time
 - ☐ We do not communicate well
 - ☐ Communication is almost always impossible
 - ☐ We do not communicate
7. How important is the other parent to the welfare of your Child/ren?
- ☐ No children
 - ☐ Very important. She/he has many valuable things to offer as a parent
 - ☐ Important. She/he has some valuable things to offer as a parent
 - ☐ Somewhat important. She/he has some value, but also some problems/limitations as a parent
 - ☐ Very unimportant. She/he has nothing to offer as a parent.
8. How are your overall levels of communication and co-operation?
- ☐ We communicate and consider the other person's opinions and options
 - ☐ We have minimal communication and we don't work at co-operating
 - ☐ Our communication tends to have a lot of conflict and is very positional
 - ☐ We do not communicate at all
9. How would you describe your level of trust in your partner?
- ☐ I trust my partner in all matters of importance
 - ☐ I trust my partner sometimes, but not always
 - ☐ I do not trust my partner at all. I need supporting evidence to trust anything my partner says/does.
10. How would your partner describe his/her level of trust in you?



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- ☐ Trusts me in all matters of importance
 - ☐ Trusts me sometimes, but not always
 - ☐ Little or no trust in me
11. Are there matters that may be relevant to your dispute that you do not wish to share with your partner?
- ☐ No, I am willing to share everything relevant
 - ☐ I am concerned about the reaction if some information is shared, but am willing to work on a process for sharing information
 - ☐ I see withholding vital information as an important strategy in negotiation and would be reluctant to disclose everything right away.
12. During your relationship, how would you describe the level of trust between you and your spouse?
- ☐ Trust was an important part of our relationship
 - ☐ We were sometimes challenged with trusting each other
 - ☐ Inability to trust was consistently an issue in our relationship
13. Have you ever read private emails, journals or letters of your partner's, listened into or taped phone conversations or taped settlement discussions, without your partner's knowledge? Has your partner ever done this to you?
- ☐ Never
 - ☐ Seldom, and more than a year ago
 - ☐ Frequently or recently
14. How important do you consider it to be that you and your partner be able to have a relationship with trust in the future?
- ☐ Important. Our continuing relationship matters to me
 - ☐ Not very important, as long as we have a business-like relationship
 - ☐ Don't care at all about a future relationship with my partner
15. Are any of the following items of specific concern in your situation?
- ☐ Alcohol or drugs
 - ☐ Depression or other mental health issues
 - ☐ Threats or thoughts of suicide
 - ☐ Violence – physical, verbal, emotional
 - ☐ Money

Any general comments to help us to help you