



Statements of intent to each other in mediation

Change your intent to change your mindset/attitude

Please think carefully about your statements of intent when preparing these because it is important that you only commit to things that are genuinely important to you even if you believe they may present you with a challenge to action. It is your intent, not your ability, that is important here.

These statements are not something to keep reminding each other about every time you argue but statements to guide each person and hold them accountable to their values and intent, to do the best they can, in the circumstances.

Your statements of intent represent your 'Resolution Compass' in the process, keeping you on track, if and when things get a little rough, guiding your thinking and behaviour, as you progress through mediation and beyond.

YOUR STATEMENT

The Mediation Process

I WILL do my very best to use the mediation as a positive opportunity.

This means that I will do my very best;

Quality of communication

To keep in focus the notion that any conflict with you provides both of us with an opportunity to improve our communication, and create a better relationship, by seeking to understand and engage with each other, at a human, core values, and compassion level, because I am committed to improving the quality of our communication and relationship.

To prepare myself psychologically and emotional, before mediation starts, so that, if and when I hear something in mediation that triggers a strong emotion in me, I am ready to do my very best to resist reacting in a way that you believe and feel judges, blames or punishes you, because I want us to be able to focus on communicating so that we can reach an agreement that works for both of us.

To remain alert to and in touch with what I am feeling when I hear or see something that triggers a negative emotion in me and do my best to clarify the unmet need in me which it reveals, so that I can, if necessary, describe this to you and specifically what it is you said or did that triggered the feeling because I think it is important that we are as clear and honest with each other, in this respect.

To describe what it is you said or did that triggered the negative feeling(s) in me. I will try to be as factual as possible, without blame or judgement, because I realise the risk and damage it could do, if you perceive otherwise.

If I need you to do, say or behave in a way that helps to avoid this trigger reoccurring in me, I will do my best to frame this in a way that sounds like a request to you, rather than a demand.

If there is something I say or do that triggers an emotional reaction in you, during mediation, I will do my best;

- To listen to you in the same way that I ask you to listen to me so that you can help me understand what it is that I say or do that triggers the feelings in you, doing your best to describe the feelings in you that this triggers and what I might do or say differently to improve the situation.
- To acknowledge what you are feeling and resist hearing or seeing your description of what you are feeling and needing from me, as blame, judgement or a demand but simply as an opportunity for me to do or say something different which may improve our communication.
- To avoid threats, inflammatory language and accusations

The process

I will do my best to;

To be clear with you about my priorities and concerns when it comes to practical things we need to sort out in relation to our finances and children and what makes these priorities and concerns important to me.

To hold in my mind the notion and principle that we will only reach a successful mediated outcome if we all feel that the outcome is fair enough for each of us, which means that we each feel that enough of our priority psychological, emotional and practical needs, and interests are met.

To provide all the information and documentation necessary to be able to explore a full range of options for settlement within agreed timeframes, and to ensure that this information is accurate and up to date, knowing and understanding that until and unless everyone in mediation feels reassured that there has been an honest, open and sufficiently detailed disclosure, there is unlikely to be sufficient confidence in each other and the process, to deliver a fair outcome.

To think creatively and constructively to find options and solutions which meet as many needs and interests as possible of all those involved.

To treat each idea or option for settlement with respect and be willing to explore and reality test these openly, honestly and respectfully, from a range of different perspectives, with the aim of reaching solutions together.

To commit fully to an outcome we have reached together in mediation which means that if other issues subsequently arise outside mediation, which do not directly involve or affect the mediated outcome, an attempt is to be made to resolve these separately, retaining the integrity of the mediated outcome, so far as possible.

Children

I will do my best ;

To keep our child in central focus, at all times, when considering matters affecting them, in any way

Others

I will do my best to: