

## What I would like to achieve during Divorce Coaching

*Please rate and circle the following statements from one to five—with one being the least problematic and five being the most problematic for me.*

\_\_\_\_\_ Improve my communication skills, especially around co-parenting issues.

1      2      3      4      5

\_\_\_\_\_ Obtain more information about the divorce process.

1      2      3      4      5

\_\_\_\_\_ Develop my ability to keep my cool and think clearly in tense situations.

1      2      3      4      5

\_\_\_\_\_ Learn how to be a good advocate for myself-be assertive.

1      2      3      4      5

\_\_\_\_\_ Learn ways to manage my emotions so they don't get in the way of the process.

1      2      3      4      5

\_\_\_\_\_ Develop effective strategies to improve negotiation skills.

1      2      3      4      5

\_\_\_\_\_ Get help in clarifying my ideas and presenting them in an effective manner.

1      2      3      4      5

\_\_\_\_\_ Develop skills and strategies to manage both my own anger as well as dealing with another's anger.

1      2      3      4      5

\_\_\_\_\_ Build my confidence in handling tense, emotional interchanges.

1      2      3      4      5

\_\_\_\_\_ Learn effective problem solving tools to use to help resolve impasses.

1      2      3      4      5

\_\_\_\_\_ Please note any other areas you would like to focus on:

*Please return to the statements listed above and mark your top three priorities with an asterisk ( \*)*