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PSYCHOTHERAPY & MEDIATION**

Research shows that children can tolerate most any parenting plan solution that settles the conflict between their parents far better than they tolerate ongoing conflict. Because of this, I believe it is best for children when their parents agree on a custody/parenting plan rather than remain in conflict. I also think it is best for children when their parents share post-divorce parenting responsibilities. I hope to help you find solutions to your conflicts so that you can provide these things for your children. With this in mind, I recommend the following as a guide to productive mediation:

MEDIATION GROUND RULES

1. **TALK TO THE MEDIATOR, NOT EACH OTHER**
2. **DO NOT INTERRUPT EACH OTHER, YOU WILL EACH BE HEARD**
3. **TREAT EACH OTHER WITH COURTESY & RESPECT**
4. **MAKE GOOD USE OF YOUR TIME HERE, STAY ON THE ISSUE**
6. **FOCUS ON IMPROVING THE FUTURE FOR YOUR CHILD(REN)**
7. **NO BLAMING, SWEARING OR NAME CALLING**
8. **WHILE YOU DON'T HAVE TO AGREE, I DO EXPECT YOU TO MAKE AN HONEST EFFORT TO LISTEN & UNDERSTAND EACH OTHER.**
9. **IF YOU FEEL OVERWHELMED, OR UNABLE TO CONTINUE PRODUCTIVELY, ASK FOR A BREAK**
10. **OTHER GROUND RULES AS DECIDED BY THE PARTIES:**