

## HELPFUL IDEAS DURING THE MEETING

- Listen carefully.
- Speak about yourself rather than others.
- Try to avoid attacking your (ex) partner's views and think about why they might be saying something.
- If you can respond with a positive rather than a negative this will help.
- Try to think of a variety of possibilities before deciding what to do.
- Try to make suggestions that both of you might be able to live with.
- Try to look ahead and be purposeful.
- If you have children try to keep their hopes and concerns in your mind during the discussions.
- Depending on their ages try to think what they might think if they were watching you both discussing their future.

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