

**IN ORDER TO GET THE BEST OUT OF A MEETING CONSIDER
THESE IDEAS BEFOREHAND**

- Think about both of your underlying concerns.
- Are any of them shared?
- Remember people have different perceptions of the same problem.
- Put yourself in your (ex) partner's shoes.
- Try to concentrate on what's constructive/good rather than bad/destructive
- You probably know how to make things worse. Can you think how to make them better?
- What do you need from each other to achieve the best outcome?
- You will probably get most of what you want if the other person feels similarly.

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