



HILL DUVERNAY & ASSOCIATES, LLC.

## MEDIATION TO STAY MARRIED CHECKLIST

Read the questions below and check the responses that reflect your current thoughts and emotions. Have you thought or said the following before? Check all that apply.

- ☐ I want the divorce but I'm not sure if it is the right decision
- ☐ I do not want a divorce but my spouse does
- ☐ I only want the divorce because my marriage isn't working
- ☐ There are times when I still love my spouse but the emotions are dying
- ☐ We've grown apart
- ☐ I'm just not in love anymore
- ☐ We don't speak the same "language"
- ☐ We argue all the time
- ☐ If only he/she would do \_\_\_\_ then everything would be better
- ☐ We've done everything to make this work

If you checked any of the above it does not mean that your only option is divorce. Many couples reach crossroads in their relationship when many of the thoughts outlined above become overwhelming.

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Check all that apply: I would be interested in....

- ☐ Giving my relationship another chance with the right help and changes
- ☐ Learning resolution techniques that we can apply in our relationship
- ☐ Developing better communication skills with my spouse
- ☐ Developing and/or re-negotiating the aspects of our marriage that need help

If you checked at least one box in *each* section then you should consider **Mediation to Stay Married.**

If your relationship issues suffers with abuse, drug addiction or other similar issues, additional assistance can be recommended for you. Mediation to Stay Married is not a legally binding procedure. Contact us for more information at 770-692-8481