



**IS A SETTLEMENT, ONLY, PROCESS SUITABLE FOR ME?**

(10 commitments to help you decide)

1. I know that I will be better served in the long run if my spouse and children are also well served. I want my children to be in our center rather than in the middle.
2. I want to speak and act from my best self, even though sometimes my words and actions seem to come from my worst self.
3. I want my lawyer to be a wise counselor and an engaged moral agent rather than a hired gun or alter ego.
4. I am willing to be in the same room with my spouse and to speak for myself and my own legitimate self-interest with the assistance of one or more professionals.
5. I am open to solutions that will respect both my and my spouse's legitimate needs and interests.
6. I want to make decisions affecting the future of myself and my family from a place of calm, considered wisdom, rather than from a place of anger, humiliation or fear - even though I may be experiencing those hard feelings, now, and during the process of divorce.
7. I know that at times the going will be difficult and painful, but I am willing to stay with this discomfort and to persevere through the process.
8. I want to act ethically for myself, for my spouse and for the sake of my children.
9. After the divorce is completed, I want to be able to look back and feel good about how I handled myself during the process.
10. I know that by choosing an out of court settlement process I am accepting the responsibility for the outcome, along with my spouse. This way requires more of us as we accept the challenge of crafting a resolution of the issues ourselves with the assistance of our chosen professionals.