

Nevada County Collaborative Divorce

Assessment Readiness Form

1. What is it about the collaborative process that appeals to you?
2. What do you hope to achieve in this process?
3. What feelings would you like to have about/towards your spouse at the end of this process?
4. Where do you anticipate the obstacles will come up for you?
5. Where do you anticipate the obstacles will come up for your spouse?
6. What response from your coach would be helpful when you come up against these obstacles?
7. What might stand in your way from effectively co-parenting your children while going through the divorce process?
8. How much of the above are you comfortable sharing with your spouse?
9. Is there any of this information you are not comfortable with your spouse and why?
10. Have you ever felt emotionally,verbally or physically intimidated by your spouse?
11. Has there ever been a need for law enforcement to intervene in family disputes?
12. Describe your experience with conflict resolution with your spouse.
13. What have been some of the obstacles to successful problem solving between you and your spouse?
14. Can you think of an example of successful conflict resolution with your spouse?
15. What made the conflict resolution possible?
16. Will you commit to a temporary financial arrangement to enable both you and your spouse to meet you basic living expenses?
17. Do you or your spouse have a problem with alcohol or any other substances, including prescription drugs?
18. Have you ever suspected that you or your spouse has suffered from a mental health problem?
19. Do you or your spouse have a family history of mental health problems?

20. Have you or your spouse ever received mental health treatment?
21. Do you and/or your spouse have a supportive network of friends in the area?
22. Do you and/or your spouse have close, supportive relationships with your relatives?
23. Do you and/or your spouse have self care routines (e.g., exercise, meditation, prayer)?
24. What is your hoped for time-frame regarding your divorce resolution, property settlement and parenting plan?
25. Describe how you envision the collaborative process meeting your post divorce needs.

Please indicate how much you agree or disagree with the statements below by using the following numbering system:

Strongly Disagree (1) · Disagree (2) · Neutral (3) · Agree Strongly (4) · Agree (5) · (n/a)

1. My ability to achieve a successful outcome in the divorce will primarily depend on the decisions I make during the process.
2. In order to achieve my most important goals, I am willing to let go of some smaller, short-term issues, even though it may be very hard to do so.
3. I am capable of making the commitment necessary to achieve the best possible outcome for our family.
4. I am not afraid of, nor do I feel intimidated by my spouse.
5. I am willing to and will try to see things from my spouse's point of view in order to help achieve the best possible outcome.
6. I believe it is possible for my spouse and me to restore enough trust in each other to achieve a successful outcome.
7. I am willing to commit myself fully to resolving the issues through the Collaborative process by working toward common interests, rather than simply arguing in favor of my positions.
8. It is important to me that my spouse and I maintain a respectful and effective relationship after the divorce.
9. I have accepted the fact that this divorce is going to happen.
10. I believe it is very important that our child(ren) (if any) maintain a strong, healthy relationship with both parents.