**Boice Mediation**

**Frequently Asked Questions**

Do you answer e-mails?

Yes, but it is most efficient to write questions to ask at session one or ask Michelle on the phone. Remember there are books at the office that you can reference at the office.

Where can I find more information?

Some people choose to buy the books they have read at the office to have them on hand. Or you can just read them in the office. We don’t lend them out because they are used so often. You can come in and read them even when you don’t have an appointment. Consider it a mini legal center for you to do legal research, in addition to what you can do on-line.

What books would you recommend?

The website has referenced books and articles that might be helpful in your situation. There are forms to download to help you as well. We want you to have as much information as you would like to have to make a good decision

What should I focus on right now?

Consider getting your financial house in order right now. Take an inventory of what you have and what you need.

Write down next steps and things to do, who to ask etc. We will ask you to prove your numbers are correct before the memo of understanding goes to the judge. It is okay to estimate right now, just know you will be required to provide your info. This can make the process more expensive because it takes longer to get to the finish line.

Should I go for counseling?

Divorce is really difficult for most people. Get counseling to help you let go, grieve, discharge anger and get yourself on track for the next chapter of your life. Depression and anxiety, insomnia, suicidal thoughts, no motivation, sleeping too much are all signs that you need counseling right now.

Anything I need to do before session 1?

Look at the “agreement to mediate” “Parenting Checklist” and print it out to sign in front of the mediator. Check out the PowerPoint presentations, especially the “notes” sections.

What can we do to prepare?

Do you have your taxes in order, deed to house, title to car, anything having to do with money i.e. bank accounts, retirement, pension, legal house in order

Don’t spend extra money- get your realistic, ideal and drastic budget in place

Get your emotional house in order (see a counselor, remember the impact on those around you and how you fit in the picture- what you do has impact on others- be conscious)

Get a life- Are you getting support from friends? You will need it. If you don’t have a lot of friends now, start making them. Remember, you are writing your next chapter.

Land on your feet- you owe it to your children.

Family

What is your short story, longer story? Make sure it matches the story of your ex.

Exercise, eat food that is good for you, on a regular basis

Sleep is vital. Do whatever it takes to get regular, quality sleep.

Social

If you have a tendency to retreat, like a hermit, to your cave, just know that won’t help you. Meet new people now.

Hobbies

Walk through the free time you will have. Consider joining a hobby-based meet up groups (that are non-dating)

Essentially, how balanced is your life? You will need time to heal from any rupture, especially if children are involved and/or it was a long-term relationship.

Emotional

Know that depression is common as you deal with grief/loss of the ideal, the desire for family time, talk to your doctor about keeping you healthy

Consider going to counseling as a preventive- go a few times now, so that if you need/want it later, you have a sense of how it works

Consider a support group

Read Nonviolent Communication by Marshall Rosenberg- it has great language to help with communication and philosophy of mediation. It helps people take responsibility for their communication and feelings.

Finally, most people have second thoughts about separation and divorce. It is a tough process and not for the faint of heart. Some couples try one more round of 6 counseling sessions before they go through mediation.

Do you know anyone else going through this divorce or separation process? Consider referring them here. We appreciate your referrals. Referrals are the lifeblood of our organization.