

# 10 QUESTIONS TO BUILD YOUR COLLABORATIVE CAPACITY

(For Children)

Use back of sheet if needed

MANY THANKS TO NANCY J. FOSTER,  
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1. What are your highest hopes for your post-divorce relationship with your parents? Dad?

Mom?

2. What are the specific strengths of your relationship with your Mom?

Dad?

3. What are your own, specific personal strengths?

4. What are the specific personal strengths of your Dad?

Mom?

5. What are the specific strengths of your sibling(s)?

6. What are the 2 or 3 most important personal needs and interests you want expressed and honored in your relationship with your Mom?

Dad?

7. What do you think are the 2 most important personal needs and interests your Dad would want honored in your post-divorce relationship with him?

What do you think are the 2 most important personal needs and interests your Mom would want honored in your post-divorce relationship with her?

8. Describe a difficult incident in your relationship with your Dad that you feel was handled *well* by both you and your Dad.

Describe a difficult incident in your relationship with your Mom that you feel was handled *well* by both you and your Mom.

9. What are some effective ways you have developed to calm yourself when you are feeling upset?

10. When sitting in meetings where your Dad is present, which of *your* strengths would it be most effective to bring forward?

Which of *your* characteristics would it be most effective to restrain when you are with your Dad – what's your plan for doing this?

11. When sitting in meetings where your Mom is present, which of your strengths would it be most effective to bring forward?

Which of your characteristics would it be most effective to restrain when you are with your Mom – what's your plan for doing this?

Anything else you would like to share?