



INDIVIDUAL PREPARATION SHEET FOR MEDIATION

Here are some questions you may want to think about before coming to your first mediation session. **This is an aid for your use only.** Sharing this sheet with the Mediator is optional.

1. What are the problems or issues to be addressed? From my point of view/from their point of view?
2. What can I do to make things better? What can they do?
3. What do I need to know to understand their interests?
4. What do they need to know to understand my interests?
5. What common ground is between us?
6. What are the possible options to resolve the problems or issues?