

## What I Would Like to Achieve Through Divorce Coaching

*Please rate and circle the following statements from one to five--with one being least desirable and five being most desirable.*

\_\_\_ Improve my communication skills, especially around co-parenting issues.  
1      2      3      4      5

\_\_\_ Obtain more information about the divorce process  
1      2      3      4      5

\_\_\_ Develop my ability to keep my cool and think clearly in tense situations  
1      2      3      4      5

\_\_\_ Learn how to be a good advocate for myself—be assertive  
1      2      3      4      5

\_\_\_ Learn ways to manage my emotions so they don't get in the way of the process  
1      2      3      4      5

\_\_\_ Develop effective strategies to improve my negotiation skills  
1      2      3      4      5

\_\_\_ Get help in clarifying my ideas and presenting them in an effective manner  
1      2      3      4      5

\_\_\_ Develop skills to manage both my own anger as well as dealing with other's anger  
1      2      3      4      5

\_\_\_ Build my confidence in handling tense, emotional interchanges  
1      2      3      4      5

\_\_\_ Learn effective problem solving tools to use in help resolve impasses  
1      2      3      4      5

\_\_\_ Please note any other areas you would like to focus:

*Please return to the statements listed above and prioritize your list with one being most important, etc.*