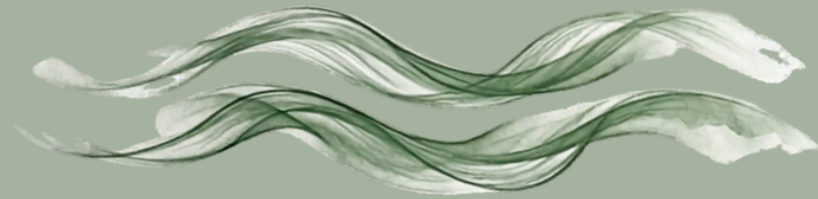




Separation
Guidebook

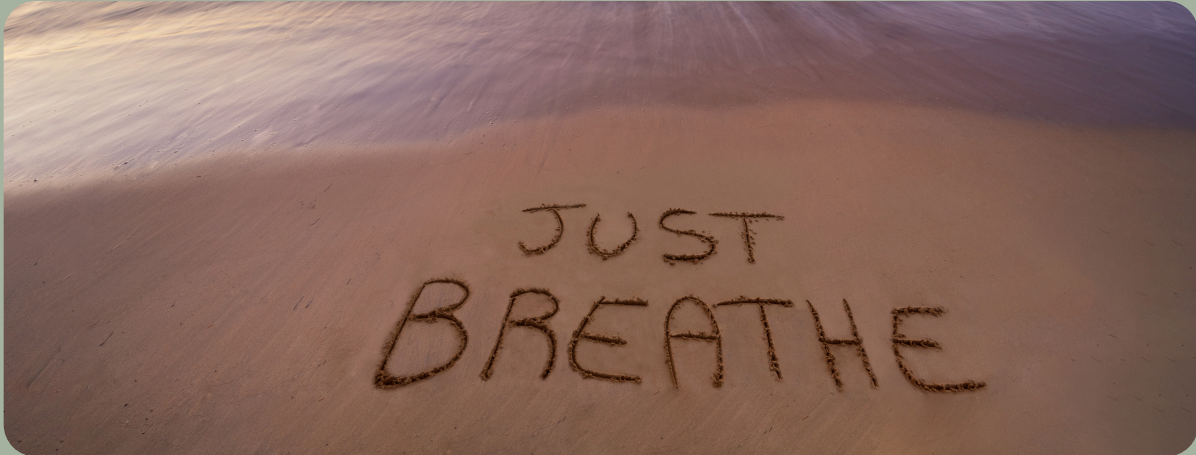


PARALLEL GROUND

FAMILY MEDIATION



Take a Breath



Separation isn't just a legal event, it's a massive personal reorganization. Right now, your brain is likely in "survival mode," which makes long-term planning feel impossible.

The Shift: You aren't "closing a case", you are designing a new way for your family to exist.

The Goal: To move from the chaos of the present to a future built on stability.

The Philosophy: Dignity is preserved in the how, not just the what.



Why it feels so loud right now...

Most early-stage conflict comes from the Information gap, the space between what you know, what your co-parent knows, and what you both fear.

Ask yourself these questions to begin clearing the noise:

- What is the specific piece of information I am missing that would make me feel 10% safer today?
- Am I reacting to what is happening right now, or a fear of what might happen in five years?
- If I stopped trying to "win" an argument, what would I actually be asking for?



Protecting the “Rope” in the tug-of-war.

In high-conflict separations, children often feel like the rope. To drop the rope, we have to change the lens.

Two Stable Homes: The goal is ensuring your child feels equally at home in two different spaces.

Neutral Transitions: Can your child leave one parent and go to the other without feeling they are "betraying" someone?

Healthy Boundaries: Are you asking your child questions that an adult should be asking another adult?





Partners to Co-Parents.

You are no longer "partners," but you will always be a "parenting team."
This requires a new way of communicating.

Parallel Ground: You don't have to agree on everything to be great parents. You just need a stable structure where your individual parenting styles can coexist.

The Facilitative Way: Real, lasting agreements don't come from a mediator telling you what to do. They come from you finding the footing that actually fits your family's unique life.

You don't have to navigate the storm alone.

If this guide helped you pause and think, imagine what a structured, guided conversation could do for your future. My style is to completely guide the conversation and defuse tension with open-ended questions. I don't give proposals; I help you reach your own sustainable agreements with ease.



Let's talk.

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