



Questions to Discuss Before Divorce Mediation

Conversation prompts to prepare for a productive session.

- Use this guide to organize your thoughts before mediation. Bring notes, documents, and questions - not final positions. The goal is to help both participants identify issues, clarify options, and prepare for a productive conversation.
- This worksheet is for general educational and mediation-preparation purposes only. Mediation Pro Se is neutral and does not represent either party. This is not legal advice. Each participant may consult an independent attorney or tax/financial professional before signing any agreement.
- **Disclaimer:** Mediation Pro Se provides neutral mediation services and does not represent either participant. The mediator does not provide legal advice, legal representation, tax advice, financial advice, or therapeutic services. Participants are encouraged to consult independent professionals, including an attorney, before signing any agreement or filing documents with the court.
- **Mediation Confidentiality Notice:** California law generally treats mediation communications as confidential, subject to specific legal rules and exceptions. Participants should review any mediation confidentiality disclosures provided before mediation begins and consult an attorney with questions about how confidentiality may apply to their situation.



Questions to Discuss Before Divorce Mediation

Use these prompts individually before mediation. You do not need agreement before the first session. The purpose is to clarify what matters, what is missing, and where discussion should begin.

Process and expectations

- ☐ What do I want mediation to accomplish? _____
- ☐ What information do I still need before making decisions? _____
- ☐ What issues feel urgent? _____
- ☐ What issues can wait? _____
- ☐ What would make the mediation feel fair and productive? _____
- ☐ Do I need independent legal, tax, or financial advice before signing anything? _____

Children and parenting

- ☐ What schedule best supports the children's school, sleep, activities, and stability? _____
- ☐ How should holidays, breaks, and vacations be handled? _____
- ☐ How will we communicate about children? _____
- ☐ How will expenses for activities, childcare, medical, and school needs be shared? _____
- ☐ What decisions require joint discussion? _____
- ☐ What changes might be needed as children get older? _____

Money, support, and monthly cash flow

- ☐ What income information needs to be exchanged? _____
- ☐ What are each person's monthly expenses? _____
- ☐ Are temporary arrangements needed while mediation continues? _____
- ☐ What support questions should be discussed? _____
- ☐ What insurance or healthcare issues need attention? _____
- ☐ What tax questions should be reviewed by a tax professional? _____

Property and debt

- ☐ What property do we own together or separately? _____
- ☐ What debts exist and whose name is on each debt? _____
- ☐ What documents are needed to confirm balances and values? _____
- ☐ What should happen with the home? _____
- ☐ Are there retirement accounts that may require special orders or professional assistance? _____
- ☐ Are there reimbursements, credits, or separate property claims to discuss? _____



Communication and conflict management

- ☐ What topics are hardest to discuss? _____
- ☐ What communication rules would help prevent escalation? _____
- ☐ What information should be exchanged before each session? _____
- ☐ How should we handle disagreements between sessions? _____
- ☐ Who else should not be involved in mediation discussions? _____
- ☐ What would a respectful resolution look like? _____

Final agreement and implementation

- ☐ What terms need to be included in a written agreement? _____
- ☐ What documents or forms may still need to be completed? _____
- ☐ What deadlines or court dates exist? _____
- ☐ Who will handle follow-through tasks? _____
- ☐ How will we confirm account transfers, payments, or title changes? _____
- ☐ When should we schedule a review or follow-up session? _____

Top five questions I want answered

For California self-help information and current form references, review the California Courts Self-Help Guide.

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