

# SESSION PREPARATION FORM

Name:

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Date:

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PREPARING FOR YOUR SESSION IN ADVANCE ALLOWS US TO STAY FOCUSED ON THE ISSUE(S) AT HAND. WHILE THERE WILL BE TIMES WHEN YOU SIMPLY NEED TO VENT AND BRAINSTORM, I PREFER AN OUTLINE THAT ALLOWS US TO DISCUSS STRATEGIES OR ACTION ITEMS.

FOCUS TOPIC(S) OR CURRENT SITUATION - DO YOU HAVE AN UPCOMING COURT DATE TO DISCUSS? WHAT ARE YOU CURRENTLY STRUGGLING WITH? SOME EXAMPLES INCLUDE LEARNING TO DOCUMENT. LACK OF EMOTIONAL SUPPORT SYSTEM, FINDING YOUR BOUNDARIES OR LOCATING YOUR WARRIOR VOICE? PLEASE GIVE ME A BRIEF SYNOPSIS OF WHAT THE CURRENT ISSUES ARE IN YOUR DIVORCE OR CUSTODY BATTLE

TELL ME THE FIVE THINGS THAT ARE WEIGHING MOST HEAVILY ON YOUR MIND:

- 1.
- 2.
- 3.
- 4.
- 5.