

# **ANSWER 10 QUESTIONS TO BUILD YOUR COLLABORATIVE CAPACITY** – Use back of sheet if needed

**MANY THANKS TO NANCY J. FOSTER,  
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1. What are your highest hopes for your post-divorce relationship/family relationships?
2. What are the strengths of your relationship with your partner?
3. What are your own personal strengths?
4. What are the personal strengths of your partner?
5. What are the strengths of each of your children?
6. What are the 2 or 3 most important personal needs and interests you want expressed and honored in the final resolution?
7. What do you think are the 2 or 3 most important personal needs and interests your partner would want honored in the final resolution?
8. Describe a difficult incident in your relationship that you feel was handled well by you and your partner.
9. What are some effective ways you have developed to calm yourself when you are feeling upset?
10. When sitting in meetings where your partner is present, which of your strengths would it be most effective to bring forward?  
Which of your characteristics would it be most effective to restrain?