



MEDIATION PREPARATION WORKSHEET

The following questions are provided to help you prepare for mediation. The worksheet is for your use. It will not be shared with the other party unless you choose to do so.

1. What are the issues that you most want addressed in mediation? The clearer and more specific you are, the easier it is to work on the solution. Please list the issues below.
2. What do you believe are the most important issues for the other person in the dispute?
3. What barriers do you feel exist to resolving the current dispute?
4. What do you need to feel that the situation is resolved? (Or, what would a successful outcome look like for you?)
5. What are you bringing to the mediation to help create solutions? (What ideas, perspective, and options?)