

The following 10-question self-assessment was developed by Stu Webb, a very experienced collaborative attorney, to give you an idea of what you should consider when deciding whether a collaborative approach is right for you. You and your spouse should complete this self-assessment separately. It will only take a few minutes.

After each question, imagine a scale of one to five. One means you'd answer the question with a strong yes. Five means you'd answer with a strong no. Write your answer - any number from one to five - for each question.

1. Do I believe that a successful outcome in this divorce depends primarily on the decisions I make during the process?
2. In order to achieve my most important goals, am I willing to let go of some smaller, short-term issues, even though it may be very hard to do so?
3. Am I capable of making the emotional commitment necessary to achieve the best possible outcome?
4. Is my relationship with my spouse free from fear and intimidation?
5. Am I willing to try to see things from my spouse's point of view in order to help achieve the best possible results?
6. Is it possible for my spouse and me to restore enough trust in each other to achieve a successful outcome?
7. Am I willing to commit myself fully to resolving the issues by working toward common interests rather than simply arguing in favor of my positions?
8. Is it important that my spouse and I maintain a respectful and effective relationship after the divorce?
9. Have I accepted the fact that this divorce is going to happen?
10. Do I believe that it is important that our children maintain a strong, healthy relationship with both parents?

Now add up your score. If you scored 40 points or less, you may be a good candidate for the collaborative process.