



**SCREENING QUESTIONS (REQUIRED)**

1. Sessions often occurs with all adults in the same room together. Do you have any concerns over your safety being in the same room with the other party?  Yes  No If yes, what concerns do you have?

Are these concerns reduced if a professional is the room at all times?  Yes  No

2. Have the police ever been involved with you and the other party(ies)?  Yes  No  
If yes, please explain? \_\_\_\_\_

3. Are you psychologically intimidated by the other party(ies)?  Yes  No If yes, what intimidates you?

\_\_\_\_\_

4. Are you physically intimidated by the other party(ies)?  Yes  No If yes, what intimidates you?

\_\_\_\_\_

5. Are you afraid of the other party(ies) for any reason?  Yes  No If yes, why do you feel fearful?

\_\_\_\_\_

6. Have you ever applied for a Protective Order against the other party(ies)?  Yes  No If yes, what was the outcome? \_\_\_\_\_

7. Has drug or alcohol use been a problem for you?  Yes  No

For the other party(ies)?  Yes  No If yes to either, please explain: \_\_\_\_\_

8. Have you ever experienced any of the following from the other party(ies)?

Verbal Abuse:  Yes  No Emotional Abuse:  Yes  No Physical Abuse:  Yes  No

9. On a scale of 1 to 10 what best describes your level of concern for your physical safety when the other party(ies) is present?

*Not Concerned at all*

*Extremely concerned*

1      2      3      4      5      6      7      8      9      10

10. Have you ever threatened to harm yourself or to commit suicide?  Yes  No

If yes, did you attempt self harm?  Yes  No Were you hospitalized?  Yes  No

11. Has the other party(ies) ever threatened to harm themselves or to commit suicide?

Yes  No If yes, did he/she attempt self harm?  Yes  No Was he/she hospitalized?  Yes  No

**TOPICS TO ADDRESS IN SESSION**

1. _____	21. _____
2. _____	22. _____
3. _____	23. _____
4. _____	24. _____
5. _____	25. _____
6. _____	26. _____
7. _____	27. _____
8. _____	28. _____
9. _____	29. _____
10. _____	30. _____
11. _____	31. _____
12. _____	32. _____
13. _____	33. _____
14. _____	34. _____
15. _____	35. _____
16. _____	36. _____
17. _____	37. _____
18. _____	38. _____
19. _____	39. _____
20. _____	40. _____

**Please sign and date below the following statement:**

I understand that Between Two Homes, LLC encourages parties to be empowered and fully informed prior to communication coaching sessions. As such, to save money and time in prior to the first session, I am required to complete the online Boundaries class.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

**The following pages are for your reference  
and do not need to be provided to the  
communications coach.**

## **Expectations of Conduct**

1. Participants will focus on the future and avoid unnecessary discussions of the past. Participants will focus on resolving conflict and not on assessing blame.
2. Participants will listen carefully to the goals that begin every parenting plan consultation session, and will take actions and make decisions in furtherance of the shared goals.
3. Participants will address others in a courteous manner and tone. Participants will not interrupt when another person is speaking. Participants will avoid sarcastic, contemptuous, critical, defensive, or judgmental communication/comments.
4. If a participant feels that progress has ceased or that he/she is about to lose control of himself/herself and say or do something to impede progress, that participant will call for a break. If the break is insufficient to calm the affected participant, the meeting may be terminated.
5. Each participant will speak only for himself/herself. Participants will use "I" instead of "You" sentences.
6. Participants will express their true interests.
7. Participants will be patient with each other.
8. Participants will follow the Agenda for that session.
9. Participants will be honest.
10. Participants recognize that arguing is pointless.

**During your plan development, we will use interest based negotiation. Please review the following:**

### **Interest vs. Position**

People often confuse interests with positions. A position is, “He needs to take out the trash on Thursday.” An interest may be creating responsibility in children. There are many possible ways of addressing this interest. One might be setting up chores. Another option might be taking care of something, like a pet. Still another could be organizing a school folder for their homework.

### **Focus on interests, not positions.**

Focusing on interests, rather than positions, makes it possible to come up with better agreements. Even when parties stand on opposite positions, they have shared interests such as a successful business.

### **Develop optional solutions**

When developing optional solutions that meet the interests of both parties, try to meet as many of each side's interests as possible. Start by inviting all sides to brainstorm ideas, no matter how crazy they may seem (before reaching a decision).

### **Some obstacles to developing coparenting options are:**

- Judging and rejecting prematurely
- Searching for a single best answer
- Putting limits on scope or vision
- Considering only your own interests



### **To overcome these obstacles:**

- View the situation through the eyes of the other party(ies)
- Focus on shared interests to make the process smoother for all involved.
- Don't reject any options at first
- Hear the other parent out fully to understand their proposal
- Look for meaningful opportunities, not simple solutions
- Welcome diversity

### **After listing your options:**

**Evaluate** - Only after both parties have finished listing options, should the options be discussed. Determine together which ideas are best for satisfying various interests. Talk about likes or dislikes about each option. The options that each of you dislike can be crossed out. Then each of you can predict the consequences that might follow upon choosing each option and cross out those whose consequences may be undesirable.