



Linda Krull

## Compassionate Mediation® Training

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# First Session

## You are a “Parts Detector.”

**Notice body language.**

**Who is more upset?**

**Who seems to want the divorce?**

**Does one of them hope they’ll reconcile?**



# What are the reasons for divorce?

- **Possibility of creating a new and different relationship?**
- **If there is adultery, abuse or addiction without a desire to stop or change the behavior, then divorce will be the most likely outcome.**
- **If there are hurt feelings that have never been acknowledged or healed, there is a chance that communications training can finally enable each party to feel seen, heard and acknowledged.**



# More Questions

**What are your biggest concerns about the process?**

Is there any fear of physical abuse?  
What needs to happen until the next session?  
Is either one having an affair?

**How contentious is the living arrangement?**

**How are your children?**

What are the ages and level of awareness?  
Do we need to discuss the children in the first session?  
What do they want to share with their children?

**Tell me a little bit about your family of origin.**

Any parent an addict? Abusive?  
What did they learn (or fail to learn) from their family of origin.

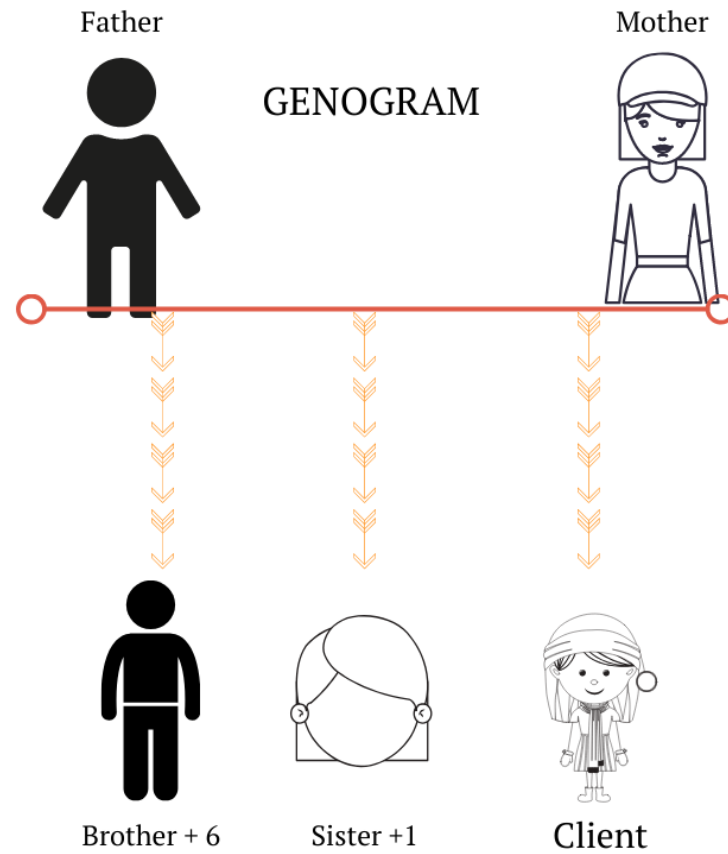


# Family of Origin Genogram

- **Father/Mother**
- **Siblings (birth order)**
- **Relationships growing up**
- **Relationships now**
- **Divorce/Death/Remarriage**
- **Alcoholism, Affairs, Mental Illness, Abuse**



# Genogram



**If you could wave a “Magic Wand,”  
what outcome would you like to see?**

**Get an idea of what they want?**

**Do they want to stay together or separate?**

**Have they already spoken with an attorney?**

**Are their expectations realistic?**



# Meet alone with each party and ask: “Why do you want a divorce?”

- **Who wants the divorce? (Initiator & Non-initiator)**
- **What are the issues that led to divorce?**
- **Listen for “Parts” - anger, resignation, fear, depression, “walls”, “filters”.**
- **What does their partner do that upsets them?**
- **Is there any chance to create a new marriage?**
- **Are they really “done” or just very hurt?**







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# Interview Template



## Role Play



# SELF

**CALM, CLEAR, COMPASSIONATE, COURAGEOUS  
CONFIDENT, CURIOUS, CREATIVE, CONNECTED  
GRATEFUL**

**&**

# PARTS

## EXILES

**HURT  
SAD  
SCARED  
VULNERABLE  
  
(ANGRY)**

***“WHAT ABOUT ME?”***

*Inner Child*

## MANAGERS

**ANGRY  
CARETAKING  
CONTROLLING  
CRITICAL  
DISTANT  
DOMINEERING  
HUMOROUS  
INTELLECTUAL  
JUDGMENTAL  
NICE  
PERFECTIONIST  
SARCASTIC**

***“PSEUDO-SELF”***

*Mind/Ego*

## EXTREME

**ADDICTION  
AFFAIR  
DEPRESSION  
DRINKING  
DRUG USE  
EATING  
GAMBLING  
PANIC ATTACKS  
RAGE  
SHOPPING  
WALLS**

**WAYS to “NUMB”**

*Reactive*

# EXILES

**Sad  
Hurt  
Scared  
Vulnerable**

**(Angry)**

**“What about me?”**



# MANAGERS

**Nice  
Pleasing  
Caretaking  
Judgmental  
Blaming  
Angry**

**“Pseudo Self”**



# EXTREMES

**Addictions**  
**Depression**  
**Walls**  
**Affairs**  
**Revengeful**  
**Rage**

*Reactive*  
**“Attorney”**



# Explanation of Couples' Parts

- **Family of origin issues**
- **Exiles, Managers, Extreme**
- **You've done the best you knew how to do**
- **Time to learn new methods of communication**
- **For the sake of the children**
- **Healing work to set you free**
- **Partner as angel – to help you heal burdens from past**

