

INTEREST BASED NEGOTIATION COPARENTING WORKSHEET

Step 1:

Shared Interest: _____

(For example: One parent wants the child enrolled in soccer, but the other parent wants the child enrolled in dance classes. Their shared interest could be "Participation in group extracurricular activities")

Step 2:

Options:

(Option development takes a lot of work and creativity. Try to create as many as you can and this may take more than one sitting, 20 is a good number)

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

Step 3:

If one option developed works for both of you, write up your agreement. If not, begin discussion of options and add options if they arise. If there are any options both of you agree likely would not work draw a line through them. With the options left, begin ranking each of your 3 least favorite options by writing the initial of each parent next to that parents least favorite option and number the options starting from the least favorite.

Step 4:

Begin discussing what each of you like and don't like about the remaining options, and more options may develop. The goal is to reach an acceptable solution that will work, or multiple solutions that can be experimented with for determined time.

Step 5:

Write out the agreement as specific as possible including who, what, where, and how:
