

Roadmap to Discernment[©]

Joint Coaching in phases with possible Decision Outcomes



Autism / ADHD Relationship Coaching

Phase 1: DISCERNMENT INTENSIVE (Individual intakes & 4 joint sessions)

- Review of individual relationship & family histories
- “Grace & Space” – cease-fire & self-care
- Active Listening communication training
- Marriage evaluation & problem identification
- Identification of gaps in knowledge / skill
- Consideration of children, friends, extended family
- Exploration of individual & joint growth opportunities

Possible Decision Outcomes:

- *Take personal responsibility*
- *Understand & accept differences*
- *Protect & dignify Self*
- *Protect & dignify Others*
- *Commit to personal healing*

Phase 2: DISCUSSION & DECISION SUPPORT (4 joint sessions)

- Spiritual exploration & understanding
- Financial exploration & understanding
- Legal exploration & understanding
- Child / extended family impact & acceptance
- Practical & logistical considerations

Possible Decision Outcomes:

- *Begin 6 mos couples coaching*
- *Seek individual coaching support*
- *Begin separation period*
- *Begin divorce process*

Phase 3: COUPLES / INDIVIDUAL COACHING (optional /as needed)

COUPLES OPTIONS

- “Roadmap to Hope & Healing” for Couples coaching
- “Roadmap to Hope & Healing” for Separation support
- Divorce Support for working together to restructure family

INDIVIDUAL OPTIONS

- “Roadmap to Joy” for Individual healing support
- “Roadmap to Joy” for Individual Separation support
- Divorce Support for work separately to restructure family

Possible Decision Outcomes:

- *Accept & forgive*
- *Communicate proactively*
- *New financial agreements*
- *New parenting agreements*
- *New legal agreements*
- *Respect for boundaries*
- *Redefine rules & dynamics*