



STARTING THE CONVERSATION: Talking to Your Spouse or Co-Parent About Mediation with Together You Part

So, you are thinking that mediation is the better way forward with your divorce. Smart move.

Less conflict, less cost, more control. But now comes the tricky part: getting your spouse or co-parent on board.

Maybe they've already 'lawyered up.' Maybe they think court is the only way. Or maybe they just assume divorce has to be a battle.

The good news? You don't need to "win" them over—you just need to start the conversation. And with the right approach, you can help them see that Together You Part isn't just better for you—it's better for them, too.

STEP 1: SET THE STAGE FOR A PRODUCTIVE CONVERSATION

This isn't a conversation to have in the middle of an argument, over text, or during a tense exchange. Choose a time when you're both calm, distraction-free, and able to focus. I recommend scheduling a dedicated time where you can both focus on the "task" at hand!

- **DO:** Approach the conversation with an open mind and a solution-focused attitude.
- **DON'T:** Bring up past fights or use this as an opportunity to point fingers.
- **DO:** Remember, you're not trying to convince your spouse that mediation is right—you're inviting them to explore a smarter way forward together.

STEP 2: START WITH THE WHY

Instead of jumping straight into why you think mediation with Together You Part is better, start by acknowledging your shared goal.

Example Openers:

- *"I know this isn't where either of us thought we'd be, but I want to make sure we get through this in a way that works for both of us."*
- *"I don't want us to spend years fighting over this—I'd rather focus on moving forward."*
- *"I don't want us to spend all of our savings on lawyers."*
- *"Divorce is already hard, but I think we can make it easier by choosing a process that keeps us in control instead of leaving everything up to lawyers and a judge."*

Once you've set that foundation, you can introduce mediation as an option.



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STEP 3: EXPLAIN WHAT MEDIATION IS (AND WHAT IT'S NOT)

Many people don't really understand what mediation is or how it works. They assume it's just a softer version of court or that it's about giving up what they want.

Make it clear that mediation:

- Keeps decision-making in your hands (not a judge's)
- Saves thousands of dollars compared to hiring lawyers and going to court
- Moves faster (weeks or months instead of years)
- Reduces stress and conflict (especially if you have kids)

Example Script:

"I know we both want to get through this with as little stress and cost as possible. Together You Part lets us work through everything on our own terms instead of spending months—or years—fighting in court. It's not about one of us winning or losing; it's about making sure we both walk away with an agreement we can actually live with."

STEP 4: ADDRESS COMMON CONCERNS

Your spouse or co-parent might have doubts—that's normal. Here's how to respond to some common objections.

- "I want a lawyer to protect my rights."

"You can still have a lawyer review everything before we finalize anything. Mediation doesn't mean giving up legal advice—it just means we aren't spending thousands on unnecessary court battles."

- "Mediation won't work because we don't agree on anything."

"We don't have to agree on everything right now. The mediator helps us work through the tough stuff in a way that's fair and productive. It's not about giving in—it's about finding real solutions."

- "I don't trust that mediation will be fair."

"The mediator is neutral—they don't take sides. The goal is to help both of us reach an agreement that works."

- "I heard mediation is just a waste of time."

"Actually, most couples reach agreements in mediation way faster than in court. And even if we don't resolve everything, we'll still be in a much better position than if we let lawyers take over."

STEP 5: MAKE IT EASY TO SAY YES

Instead of making this feel like a huge, life-altering decision, break it down into a small, simple next step.



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- **DO:** Suggest scheduling a Game Plan Session to learn more.
- **DO:** Send them Together You Part's website to review.
- **DON'T:** Pressure them to commit to mediation on the spot.

Example Script:

"I'm not asking you to commit to anything today—I just think we should explore it. There's a free Game Plan Session where we can both learn more. No pressure, no commitment—just a chance to see if this is the right fit for us."

THE BOTTOM LINE: KEEP IT FOCUSED ON THE FUTURE

At the end of the day, this isn't about rehashing the past or proving who's right; it's about choosing a process that helps both of you move forward with more clarity, less cost, and less conflict.

If your spouse or co-parent still isn't sure, that's okay. Give them space, plant the seed, and remind them that Together You Part is about solutions—not battles.

Because when you replace confusion with clarity and conflict with collaboration, you both win.