

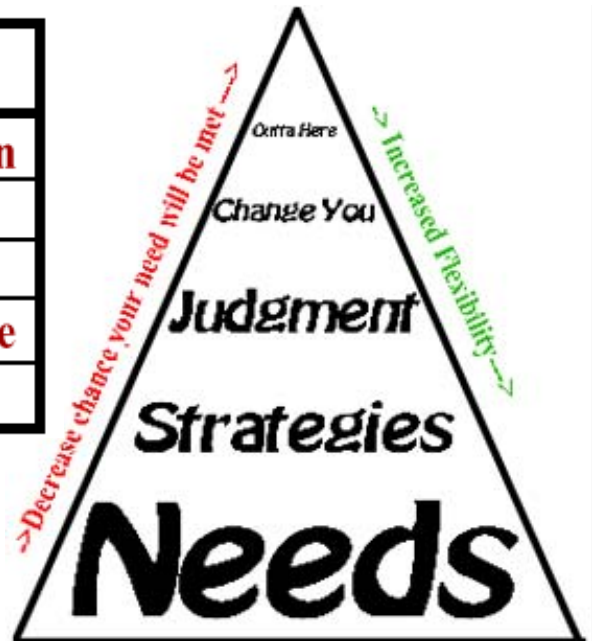
Two Rivers Couples Mediation

Basic Concepts of Teamwork Mediation:

1. All Communication is an attempt to get needs met.
2. All Judgments are *tragic expressions* of unmet needs.

3. The Five TRUST Needs

Teamwork	Mutuality, Cooperation
Respect	Self & of Other
Understanding	Feeling Heard & Seen
Serenity	Peace & Quality of Life
Trust	Repeated Successes



5. Every moment is a choice point, a fork in the road:
one path diminishes you both,
the other leads to a win-win solution.

4. Levels of Conflict:

6. FEAR: False Evidence Appearing Real

7. Empathy: Only give it when your cup runneth over; needed when your cup (or theirs) is less full.



8. Appreciations should outnumber neutral and negative communications by a factor of 2-to-1.

For more info or to set up an appointment:

www.TwoRiversMediation.com Call Max Rivers at 215-266-0598



First Couples Mediation appointment is guaranteed.
If either of you decide this isn't what you want, there's no charge!

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