



Is Divorce Mediation Right for You?

Answer **Yes** or **No** to each question:

1. Do you and your spouse both want to avoid going to court?

Yes No

2. Are you both willing to work together to reach fair and practical agreements?

Yes No

3. Do you feel that, with professional help, you could have respectful conversations with your spouse about important matters?

Yes No

4. Are you looking to keep the divorce process more affordable than traditional legal proceedings?

Yes No

5. Is it important to you to protect your children from unnecessary stress and conflict?

Yes No

6. Do you want to finalize your separation efficiently so you can move forward with your life sooner?

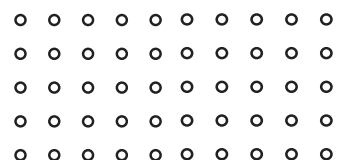
Yes No

7. Would you both prefer to stay in control of your separation decisions instead of having a judge decide for you?

Yes No

8. Do you and your spouse live in Ontario or another Canadian province where mediation services are available?

Yes No





9. Are there no ongoing issues of family violence, coercion, or power imbalance that would make open discussion unsafe or unfair?

Yes No

10. Do you agree that an amicable, future-focused approach is best for your family?

Yes No

Score

Results

- **8–10 Yes answers:**

Mediation is very likely a great fit for your situation. You and your spouse appear well-positioned to benefit from a cooperative, cost-effective approach like the one offered by Positive Solutions Divorce Services®.

- **5–7 Yes answers:**

Mediation may still work for you, especially with professional guidance. Book a free joint consultation to explore how our process can support you both.

- **0–4 Yes answers:**

Mediation might not be the right option unless certain conditions improve. Our team can still offer information and referrals—reach out to learn more.

If you feel that mediation is a good fit for your situation, we invite you to schedule your free, 30-minute, joint consultation to learn how we can support you through the separation process. Our team is here to help you move forward with a plan that works for both of you.