

TRAUMA-INFORMED MEDIATION PREP CHECKLIST

1. Nervous System Preparation (Somatic)

- Practice grounding breath (exhale longer than inhale).
- Decide your response mode (facts only, lawyer speaks for you).
- Bring something grounding (stone, elastic band, object to hold).
- Plan a post-mediation somatic release (cold shower, shaking).
- Set a mantra: "I choose peace, not engagement."

2. Emotional Safety Boundaries

- No direct communication with ex (separate rooms / video link).
- Decide ahead of time: I will not defend or explain my trauma.
- Pre-write neutral phrases: "That's not accurate. Our position remains the same."
- If baited: "Let's bring this back to the proposal."

3. Evidence + Documents

- List of assets with values.
- Bank statements / super balances / tax returns.
- Timeline of major events (financial + contributions).
- Notes on your offer + the minimum point you will accept.

4. Mental Strategy

- Decide your walk-away point.
- Rehearse not oversharing.
- Visualise your future life without this person in your orbit.

5. Inner Dialogue (Rewrite the trauma response)

- Replace: "I need them to understand me." → With: "Understanding me isn't required for me to heal."
- Replace: "I don't want to upset them." → With: "Their emotions are not my responsibility."

6. Post-Mediation Care Plan

- Eat carbohydrates (supports nervous system regulation).
- Move emotions out of your body (shake, punch pillow, scream into towel).

- No analysis or self-blame for 24 hours.
- Say aloud: "It's over. I am safe now."