

# Compromising vs. Non-Negotiables Negotiation Worksheet

This worksheet is designed to help individuals navigate the complexities of divorce with clarity, confidence, and preparation. It serves as a structured tool to organize your thoughts, priorities, and strategies, ensuring you are ready for negotiation and decision-making.

## Instructions for Use

Fill out each section honestly and thoroughly.

Revisit and update as needed during the negotiation process.

Share with trusted professionals or keep it for personal guidance.



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# Negotiation Prep Worksheet: Compromise Vs. Non-Negotiables

## Instructions for Use

1. Reflect and Write: For each question, write your non-negotiables and areas open to compromise.
2. Discuss and Prioritize: Rank categories by importance to help focus discussions with the other party or mediator.
3. Reference List: Use real examples (e.g., "I want children every Thanksgiving") to clarify your positions.

Category	Non-Negotiables	Non-Negotiables (Write Your Stance)	Open to Compromise (Write Your Flexibility)
Children's Custody & Time	Where will the children primarily live?		
	What's your ideal shared custody schedule?		
	How should holidays and vacations be split?		
	Are there specific family traditions or events you want to prioritize?		
	Can the schedule adjust for children's activities or emergencies?		
Child Support	What costs are critical to cover (education, healthcare)?		
	Are there extracurriculars or hobbies to account for?		
	How much financial contribution is fair and manageable for both parents?		
	Are there ways to adjust as children's needs change?		
Spousal Support	Do you require financial support to transition after the divorce?		
	How long should payments last?		
	Would you consider adjustments if financial situations change (job loss, remarriage)?		
House/Property	Do you want to keep the family home or sell it?		
	Would you consider refinancing to buy out the other party?		
	Are there shared properties to divide? How should the proceeds or responsibilities be split?		
Division of Assets	Are there sentimental items you must keep?		
	How should retirement savings, investments, and household items be split?		
	Is there room for trade-offs (e.g., you keep the house, they keep the car)?		

# Negotiation Prep Worksheet: Compromise Vs. Non-Negotiables

Category	Non-Negotiables	Non-Negotiables (Write Your Stance)	Open to Compromise (Write Your Flexibility)
Debt Responsibility	Who should be responsible for debts incurred during the marriage?		
	Are there debts tied to joint investments or shared credit cards?		
	Should debt responsibility align with asset ownership (e.g., home loan)?		
Health Insurance	Should children remain covered under the same plan?		
	What coverage is necessary during the divorce process?		
	How long should spousal coverage continue post-divorce?		
Future Decision-Making	How will decisions about children's education, healthcare, and travel be made?		
	Are there day-to-day decisions that need clear agreements, or can they be flexible?		

