

Joint Session Preparation – Thinking about you:

What are the issue(s) / problem(s) for you?

'Why' is each issue important to you? – What effect is each having on you or your family?

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At the beginning of the session we give you a few minutes un-interrupted time to summarise these issues and why they are important to you.

Importantly, think about how you would describe objectively the information above to your neighbour. You want your neighbour to listen to and understand your situation. Talk in terms of you / your family. Avoid using blame, judgement or criticism of your neighbour – your neighbour is less likely to be understanding of your situation or to be open to change.

What solution(s) would work for you? Why?

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Joint Session Preparation – Thinking about your neighbour:

What might be the issue(s) for them? And for each one ‘Why’ might it be important?

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What solutions might work for them? Why?

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Joint Session Preparation – Thinking about the solutions:

Having thought about solutions that could work for you and/or your neighbour:

Which of the ideas meet both of your needs? Why?

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Any other ideas you have to meet both of your needs

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Thank you for the commitment you have shown by completing this preparation

We are confident that you have both created some positive
solutions We look forward to seeing you both at the joint session