

Exercise 1: Assess Your Reality

Before you can decide what you want and determine how you are going to get it, you need to be honest with yourself. What's your current situation? What's your truth, your reality, etc.? What's the "real" reason you want sole custody, instead of 50/50 or joint? Dig deep to get an accurate picture of where you are RIGHT now. Start out by answering the following questions:



What does my current situation look like, financially, physically, emotionally/mentally, etc. What is it NOW?

What do I want my current situation to look like, legally, financially, etc.? Why? What would it mean? What am I willing to give up?

How do I think I got here? My top 3 major challenges/failures?

What do I think it will take to get me where I want to be? What can I do to get there?

What do I have in my favor? Things I can use to my advantage?

What can be used against me? What are my disadvantages?

Exercise 2: Examine Your Threats & Identify Your Opportunities



It's time to look at the factors & influences that are outside of you, or out of your control. These are things that might pose a threat to your goals and things that create opportunities for you as well. This means taking a long look at your opposing party's position and observing where they stand with respect to your getting what you want. In addition, it means looking at what's going on with respect to the court process, other key players like the forensics experts, and so on that have an impact on the outcome of your case.

What does the opposing party want? Why do they want it? Do they believe they can get what they want? What do they have in their favor?

What are the opposing party challenges? Which of these challenges are permanent? temporary?

What are your potential threats after looking at the opposing party circumstances? Is the law, their resources, their status, etc. a threat? Real or perceived one?

Which of the opposing party circumstances , or other external factors , are creating the greatest opportunities for you to get what you want?

Exercise 3: Coming Up with Solutions

You have to be able to gain clarity with respect to your position, get a clear vision of what's standing in your way and have an vivid understanding of what the possibilities are. Once you know all of these you can start "matching" the strengths /weaknesses of your case to the threats /opportunities that you must take into account.



NOTE: If you did not do Exercise #1 and #2, this one will be difficult to complete. So please take the time to do those before you proceed to this one.

1) Which of the opportunities you identified in Day 2 are a great fit for your Day 1 strengths? Are there opportunities that go well with your strengths to bolster your position even more? Remember your problem must be identified and prioritized to maximize this part of the exercise.

Tip: Remember opportunities in family law are things like having some form of direct contact with your opposing party or someone close to them that can give you valuable intelligence. This scenario is considered an opportunity particularly because the chances of getting supportive "admissible" evidence vs. "inadmissible" evidence are greater.

2) What are the "real" threats you identified from Day 2? How do they jeopardize your advantages you identified from Day 1? What can you do to minimize the threats?

Tip: The "real" threats are the ones that you narrowed down based on what you thought were threats before you realized their real significance or impact they have on your position (case). If they don't impact your position it's not real.

3) Which of the opportunities you identified in Day 2 can you use to avert your disadvantages noted on Day 1? Which disadvantages can you fix using the opportunities that exists in court, outside of court, in the community, etc.?

Tip: Remember every disadvantage is not worth "fixing" because they don't all pose a threat to your position. You want to preserve your energy for the real threats.

4) Which of the disadvantages realized on Day 1 can you avert while taking action to avoid the "real" threats identified on Day 2? Can you strengthen or "fix" the disadvantages enough to avoid the threats?

Tip: Again, remember every disadvantage is not worth "fixing" and every threat is not a "real" one.