

Medication Readiness Diagnostic Tool

Am I Ready for Mediation?

A strategic self-check for anyone preparing for family law mediation—emotionally, legally, or financially.

Why This Diagnostic Exists

Walking into mediation without preparation can cost you more than money. This tool helps you assess if you're ready to speak clearly, stay regulated, and hold your ground—especially when the room gets pressured or emotional.

This is not about fixing everything. It's about showing up with calm clarity.

Use this diagnostic alone or alongside your legal team. Many clients bring this into mediation prep sessions or use it as a foundation for real-time scripts.

Part 1: What's Happening?

Mark a X for any that apply:

Question Number	Reflection Questions	Result
1	I know what I want—but I'm not sure how to express it in the room.	
2	I'm unclear on what the other party is likely to push for or resist.	
3	I feel nervous about being blamed, gaslit, or emotionally thrown off.	
4	I don't have a simple way to explain my position or what matters most	
5	I've been told to "just stay calm," but I don't know how to do that under pressure.	
6	I'm worried I'll agree to something I later regret—just to get it over with.	
7	I want to feel prepared, not just present—but I don't know where to start.	

Your score: __ | 7

Part 2: What Might Be Going On

Score Range	Phase	How Does it Look Now
0–2	Surface-Ready	You may be outwardly calm—but underneath, there are blind spots. A brief prep session could be all you need.
3–5	Mediation Vulnerable	You're stepping into a legal conversation with emotional weight. You need structure, strategy, and support to hold steady.

6–7	Not Mediation-Ready (Yet)	You’re regulated enough to know you’re not ready. This isn’t failure—it’s foresight. Start with containment and prep before stepping into the room.
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Part 3: What That Score Means

Depending on your score:

Score Range	What You Might Need
0–2	Grounding + talking points. Prep a short, clear summary of what matters to you.
3–5	Structured support. Draft your narrative, rehearse scripts, and stabilise your position before the session
6–7	Delay if possible—or book an urgent consult to stabilise your emotional and legal ground before entering mediation.

Part 4: Your Next Step

Anchor & Light helps individuals prepare for mediation with calm, strategy, and emotional regulation.

If this diagnostic felt true:

- Bring it into a prep session with your lawyer or mediator
- Book a **Mediation Strategy Consult** to rehearse, draft, or anchor your message
- Or DM us “Mediation” to access support



Visit: www.anchorandlight.life

Professional Usage Note

This resource is designed to support preparation and emotional steadiness during mediation. It does not constitute legal advice or psychological counselling.

Professionals may distribute this to clients preparing for mediation, high-conflict negotiation, or legal dispute resolution. It is not a legal document.