

# 5 tips to resolve family law disputes

Below are our top 5 tips for resolving family law disputes.

## Get informed

One of the biggest reasons disputes do not resolve is the fear of the unknown or misinformation.

Depending on your circumstances and goals, you will need to speak with:

- a lawyer;
- your GP;
- doctors (like paediatricians or other specialists);
- accountants or financial planners.

This is not a complete list. However, once you have spoken with a few professionals you will be in a better place to settle.

## Find your inner Zen

It's an emotional time. Contact a psychologist or counsellor you trust to discuss coping strategies.

Having coping strategies will provide you strength and make you more open to resolving the dispute.



## Put yourself in the other person's shoes

Have a think about the other person and their motivation. Now, we know that sometimes, a person's motivation is spiteful. But, often this is not the case.

Critically think about their fears and what they need so you can communicate with them to resolve the dispute.

## Get 'commercial'

It probably seems weird talking about being 'commercial' with the emotion of separation.

Being 'commercial' does not and should not mean being 'callous'. Thinking commercially means making decisions based on reason and information.

Don't ever argue for the sake of arguing. That's just plain silly. You will just make the lawyers wealthy.

## Mediate

If you cannot resolve the dispute between you, then attending a mediation is often the best way to resolve a dispute (with or without lawyers).

Before you mediate, it is best to undertake the previous steps first.

There are a number of public and private mediators available.

## For more information

Call us on 0405 305 500 or email us at info@jbflma.com.au to see how we can help you.