

## NEGATIVE THOUGHTS

*It's all someone else's fault.*

*There is only one point of view—mine!*

*I deserve my day in court.*

*There is only one solution - mine!*

*I will be vindicated by my beliefs.*

## NEW POSITIVE THOUGHTS

It's usually everyone's fault to some degree. One person may bear more responsibility, but you are fully responsible for your life and your part (however small) in this dispute.

There are always two or more points of view, and we can reasonably differ.

Court is not what we see on TV. It can be boring and dissatisfying. It's not about you, but about a narrow legal issue. It would be better to have "your day" with support persons or a therapist.

There are usually several solutions. By creating more solutions, you may be able to save money and both sides may be able to "win" something.

Even if you win, you will rarely feel totally satisfied. The horrible statements made about both parties, the narrow basis of the decisions, and the cost to everyone involved are rarely worth the minor vindication you might receive—especially after several years.