

# Collaboration

~ Today Cards ~

for those experiencing separation or divorce

A Wholecare® Product 2005

Listen.

“Collaborate” comes from Latin and means to work together.

Using a Collaborative Family Law approach is a powerful alternative to the emotional drain of blaming and litigation.

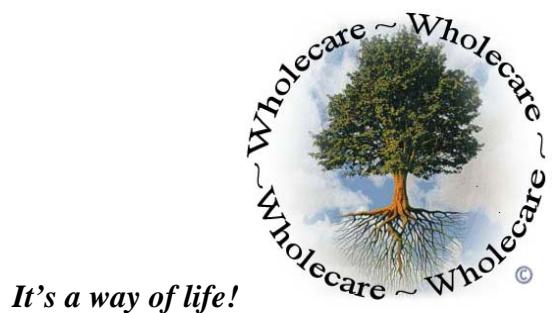
In Collaboration, we choose to use and practice compassionate understanding.

The benefits are an increased awareness and a sense of joy during a difficult time.

Understand each others hopes and concerns.

Take full responsibility for decisions that you make.

It then becomes easier to realize you are the director of your own destiny.



This Wholecare® product is developed for you to help create peace in your life and on our planet.

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2005

The storm will pass.

Believe in yourself.

You have the power to change.

~ Directions ~

Place the Collaboration cards in your home and work environments so you regularly glance at them; one a day perhaps. Allow the cards to be re-minders to choose to cultivate joy and peace in yourself and in your relationships.

Explore your vast creative potential!

Encourage yourself and others to explore the different choices.

Find the possibilities.  
Create solutions acceptable to everyone.

Trust, with confidence, who you are. You are enough.

Usually underneath anger and jealousy is some sort of fear.

Openly share answers.

Openly share questions.

Gather and exchange information.

Breathe in. Breathe out.

Connect with the power within you.

Practice control over your own decisions.

What do you want?

Creatively solve problems. Think upside-down and outside the box.

Read between the lines.  
Listen to what is not said.

Let go of blame, revenge and resentment.

Exercise forgiveness.

Know that you are never alone.  
Know that your resources are unlimited.

Be open and honest in your communication.

Practice laughing often!

Allow time for healing the emotional wound.

The pain of struggle in a relationship is the most difficult, but it is not without gift. The opportunity of growth exists within the struggle and is the pearl to be found in the middle of darkness.

Allow each person to participate. Allow patience to reach agreement. Embrace and incorporate ideas. Somehow make them fit. It can be easier and more fun than resistance.

Truly put the children first.

Share the joys of your marriage with your children.

Know that each day is a fresh start.

“Where it seems most challenging lies the greatest invitation to find deeper and greater powers in ourselves.”<sup>Joseph Campbell</sup>

Let go of struggle and doubt.

Choose, instead, to trust that *somewhat* all things are working for your highest good and the highest good of everyone involved.

Just love.

Daily nurture your inner strength.

Collaboration means truly working together.

Contemplate the vision you have for your life. Act.

Practice working and living from a place of honoring your values.

Listen to the messages from your body.

Practice trusting your body wisdom.

Choose to see, with fresh eyes, this moment now.

Allow yourself to move, ever so gently, towards an awareness of your true self. Calm your thoughts, your feelings and your body.

#### ~ Resources ~

Palliser Conflict Resolution Inc. 2002,  
Medicine Hat, Alberta.

Cull-Wilby, B. & Pepin, J. 2002. *Healing: A theory and practice*. The International Journal of Human Caring 6(3), 37-47.

#### ~ Compliments of ~

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