

RJ & Jesmin's Life at Home



You're being so unfair!



He never listens!

She doesn't understand me!



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They were arguing, struggling to communicate and understand each other. Tensions were rising.

First meeting



So, what's been going on for you?

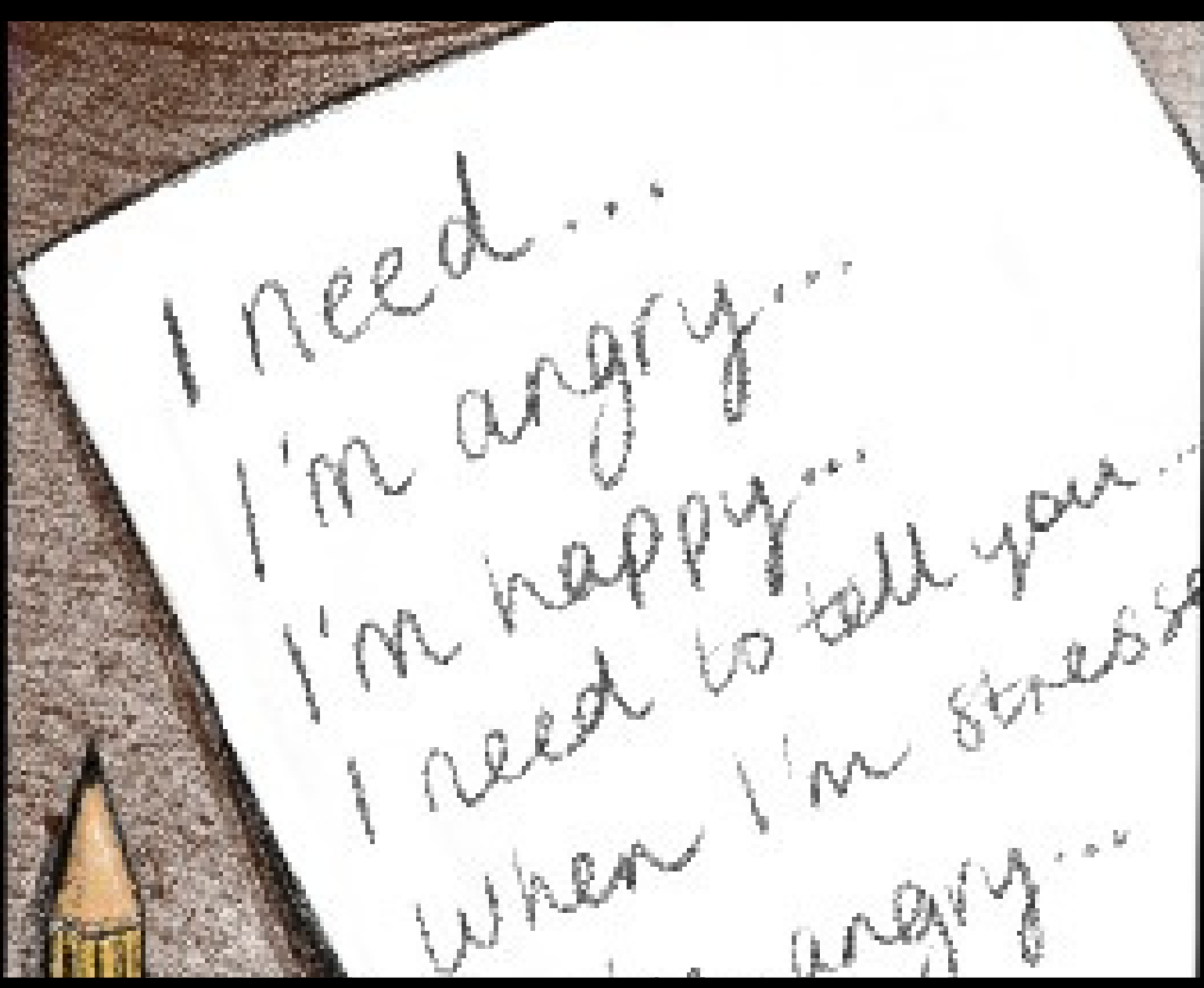
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RJ and Jesmin had an individual session with a mediator. They were able to talk about things from their point of view.



It's been so hard!

Family meetings

3
They then met with the mediator together. It felt uncomfortable at first but the mediator did not take sides, make judgements or tell them what to do which helped them relax. They were then able to identify issues and explore these from each other's point of view.



Maybe over the next week, we could try...

Closure session

4
The mediator asked questions and provided tools to help explore what RJ and Jesmin needed from each other. They then came up with agreements they could try at home before the next session. At the next session they would explore what worked and what still needed to change.



5
At the end of mediation, RJ and Jesmin felt their relationship had started to improve. They left with tools and ideas to help them keep improving their relationship and manage things differently.

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