**Anchor Statements**

Couples entering the Collaborative process are encouraged to prepare what is known as an Anchor statement.

An Anchor statement is simply the reasons why you have chosen the Collaborative process and an opportunity to speak about what is important to you in the long term, and what you hope to preserve for the future, usually in terms of ongoing relationships, both parental and otherwise.

The Anchor statement may include wishes for an ongoing comfortable relationship with your spouse, the ability to easily parent; and communicate with your spouse, the opportunity to maintain mutual friendships and an easy relationship with grandparents on both sides.

The statement is often quite difficult to put together and so clients are given a list of questions so that they may consider their own hopes and wishes for the future. Couples usually read out the statement at the first four-way meeting.

The Collaborative process by its very nature will concentrate on immediate issues and anxieties but the anchor statement is a very useful document to refer to during the process so that emphasis can also be placed upon long term goals and aspirations in addition to the immediate concerns.

You may like to see a few examples of those statements, and the issues that have been important to previous couples who have used the Collaborative process in the past.