



**Toolkit for Divorcing with Dignity**  
**Conversation Starters #15: Speak Your Needs**

Going through a divorce can be stressful, often changing one's life entirely. Amid change, it can be difficult to remember that taking care of oneself is extremely important. Take time and check in with yourself to make sure that you have everything you need. Below are some prompts to facilitate this process:

- 1) What would be most helpful for me as I work through this divorce?
- 2) Who are people that I can depend on to help me if I needed anything?
- 3) Do I feel safe?
- 4) Are all my basic needs being met (i.e. food, shelter, rest)?
- 5) If I disagree with my ex-partner on something how can I voice this?
- 6) Am I surrounded by people who love me and give a sense of belonging?
- 7) Do I have a healthy balance between responsibilities?
- 8) Do I need a break?