



### **Toolkit for Divorcing with Dignity**

#### **Reflection Activity #1: Reflecting on the decision to divorce**

There are many situations that may have led you to this point, and now that the decision is made, it could be helpful to consider several aspects of moving forward. Depending on your unique circumstance, determine whether it would be helpful or appropriate to reflect on the following prompts with your former partner or on your own.

1. How will I/we share the news with family and friends?
2. What information do I think is important to share with others?
3. If I/we have children, what is the best way to let them know?
4. What are my preexisting ideas about divorce?
5. What are my thoughts around divorce as one alternative to relationship problems?
6. In what ways might I/we be affected by family or societal stigma surrounding divorce?
7. Am I relieved by this decision? Am I frustrated or perhaps devastated? Take time to really check in with yourself about this impending transition. In many cases, there will be an influx of strong emotions surrounding this decision and it can be helpful to take time to simply name those emotions.
8. What supports do I have?
9. At what time will our physical separation take place?
10. Who will leave and who will stay in the home?
11. Do I feel safe in my current situation? Are my children safe?
12. Do I have friends or family who have experienced divorce who I could reach out to?