



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

#### **Reflection Activity #4: Reflecting on new responsibilities**

With this transition will come new responsibilities as you adapt to a life without your partner. Reflect on the following prompts to consider these changes:

1. What household tasks was my ex-partner responsible for?
2. What resources do I have to help me learn to take over those tasks?
3. If my ex-partner handled financial concerns, do I feel able to take on that responsibility? If not, who in my life can I reach out to for help?
4. If my ex-partner was responsible for most of the care-giving for our children, how might I transition to that role?
5. Are there community agencies or classes that I can take to help me adapt to these new responsibilities? Who in my life can I reach out to during this time?
6. What are 3 things I can do to take care of myself as I embark on this learning period and transition?