



Toolkit for Divorcing with Dignity

Tip Sheet #1: Dating after divorce

Many individuals who experience divorce begin dating after their divorce is filed. Use this tip sheet to ask yourself about the logistics of what your new relationship might look like.

1. How serious of a relationship am I looking for?
2. Do I plan to tell my kids about casual dating or only more serious relationships?
3. What am I hoping to get out of a new relationship?
4. Will my new partner stay overnight if I have children?
5. What qualities am I looking for in a new partner?
6. What qualities do I not want in a new partner?
7. Who in my social circle can support me as I start dating again?
8. If I use dating apps or websites, what are ways I can promote my safety when meeting new dates?
9. When I meet my date for the first time, what are ways I can ensure my safety?