



Toolkit for Divorcing with Dignity
Conversation Starters #12: Dealing with your ex-partner dating

Whether the divorce was your idea or your partner's, most people find themselves experiencing mixed emotions when their ex starts dating. It also can be scary to start dating someone new for the other person. Below are some prompts to consider by yourself and with your ex-partner regarding dating:

- 1) Is it necessary to notify the other person when dating begins? Is there a level of seriousness that needs to be reached?
- 2) How can we be respectful of each other when bringing this person to social events?
- 3) When is it okay to introduce this person to our children?
- 4) How can I process/work through any feelings that may come up?
- 5) Who in my social circle can support me?