



Toolkit for Divorcing with Dignity
Conversation Starters #8: Anxiety and Fear during divorce

There are a range of difficult emotions a person experiences while going through a divorce. The unknown can be scary and stressful, especially when it comes to children, finances, maintaining a relationship with your ex, and the divorce process itself. There are various things that can come to mind during a divorce that may cause anxiety and fear. Below are some questions to ask yourself while you're alone, or questions to discuss with a counselor:

- 1) Do I have any fears about my future?
- 2) What do I hope my life looks like after divorce?
- 3) What is my biggest worry right now? What can I control in this situation?
- 4) Who are a list of people I can talk to about these concerns?
- 5) Is there any unfinished business that should be addressed? Are there other ways I can work through this?
- 6) Is there any area in my mind that holds more concern than others (i.e. co-parenting, finances, work)?
- 7) What ways can I use self-care to reduce stress?