



Toolkit for Divorcing with Dignity
Conversation Starters #9: Plans for Transition

Divorce is a huge life transition. Bridging the gap between the past and future is hard for most people. Living in uncertainty can challenge our confidence and take us out of our comfort zone. Below are some prompts to consider while handling your divorce transition:

- 1) What would make this transition easier for you?
- 2) Is there anything you and your ex-partner can work jointly on to make the divorce smoother?
- 3) What are the areas that will be hardest to transition through? What support do you have for these?
- 4) How long do you predict certain transitions to last? How will you handle if they last longer?
- 5) Gain awareness. What is your inner dialogue saying to you during this time?
- 6) What are ways you can remind yourself to take it one step at a time and stay patient?