

Adjust to Divorce©

1. Who do I know that is divorced and has the kind of life that I want? What about how s/he has created a new life impresses me?
2. I am thinking about my parents. What personality strengths do they have that I may have, too. Which ones came from my dad? Which ones came from my mother?
3. Which of my strengths are completely different from my either parent? How do I be uniquely me?
4. I am thinking about all of my friends as I was growing up. What one thing have I learned from each person who has loved me?
5. What coping strengths, temperament strengths, and values do each of these people (in 4.) have in common?
6. What coping strengths, temperament strengths, and values do I like about myself?
7. What coping strengths, temperament strengths, and values do I most want people to have that I select as friends from now on?
8. Which ones are the same as those in 5.? Which ones are different?
9. One friend told another: "The guy that you are dating now is so different from the husband that you divorced." What do you learn from this observation?
10. I may not be ready to date yet. What do I want to think about before I consider dating again?
11. What do I want to do before I consider dating again?
12. If you have children, what are your main concerns for them?
13. What is your basic strategy for addressing these concerns?
14. One divorced parent's comment: "I intentionally introduce my child to adults who have personality strengths that I value and see as productive. Why? A teen is going to rebel against my values because that's a teen's job. If my child knows and trust adults that I trust then at least s/he has them to turn to with questions about what to do next as s/he structure his/her own identity." What is my response to this?
15. Where would I go to find adults who are interested in helping children to learn productive values?
16. About religion and spirituality: What is important to me here?
 - A. Do I believe in a Supreme Being? On a scale of 1-10 how important is this to me?
 - B. Is it a part of my life plan to treat other people like I want to be treated? On a scale of 1-10 how important is this to me?
17. What is it important to remember as I co-parent with my ex?

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18. If my ex remarries, what is it important to remember as I relate to his/her new spouse?

19. How important is it that I have a college degree?

20. How important is it that I get an additional college degree?

21. About my family: What qualities do my family members have?

22. How do I want to spend my leisure time?

23. About money: What have I learned about money in my family?

What do I need when it comes to...

24. Saving money?

25. Spending money?

26. Borrowing money?

27. Do I like conservative, moderate, or high risk/high reward investments?

28. How important is it that I listen to others?

A. What do I do if I feel like when someone is not listening to me?

B. What do I do if someone tells me that I am not listening to him/her?

C. Do I think that not listening to each other can cause issues in a relationship?

29. What process do I want to use to make decisions?

A. If I am making a decisions with someone else which decisions do I think should require two votes?

B. Who else's thoughts should I consider?

C. What other factors should I consider?

D. Can how we make decisions cause issues in a relationship?

30. Do I have any trust issues about relationships? If so, do I want to clear them up?

31. Do I have any loyalty issues about relationships? If so, do I want to clear them?

32. Do want to work internationally?

33. Do I want to travel internationally?

34. Do I want to learn another language?

35. Do I want to own my own home?

36. Do I want to have a second home?

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37. Do I want to have a career in a corporation, the government, or a nonprofit?
38. Do I want to own my own business?
39. Do I want to work until I retire?
40. At what age do I want to retire?
41. What do I want to do after I retire?
42. What else do I want to consider right now?

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