

## 20 Questions for Those in the Midst of Divorce

The process of going through a divorce is a traumatic experience for many people. The following questions can help those in the midst of a divorce reflect on where they are in the process. They can periodically review their answers to see how much growth and progress they have achieved.

1. Where is the stability and security in my life right now?
2. Who are my friends? To whom may I turn for comfort and support?
3. What do I wish for myself? My children? My spouse?
4. What successes in my life can I celebrate?
5. What do I need for myself?
6. What do I do for fun/enjoyment? What hobbies do I have (or would like to cultivate)?
7. What is the one thing that sustains me? What kind of comfort does my “sustainer” give?
8. Through the divorce process, what have I learned about myself? About relationships? About life?
9. What do I wish someone had told me?
10. If a magic wand could be waved and the situation improved immediately, what would I want to happen?
11. What do I wish I had done differently?
12. How has my life improved?
13. What are the biggest unanswered questions before me now?
14. What are my life goals? Where do I go from here?
15. What would I like to change about my life?
16. What qualities do I look for and need in a friend?
17. What do I want others to do for me? What can I do for others in a similar situation?
18. What new things am I now free to do?
19. What (or how) do I feel about myself? About relationships? About life?
20. What constructive steps can be taken now to resolve some of my feelings (e.g. anger, guilt, shame, hostility, etc.)? For each feeling, list the corresponding steps for resolution.