Exercise: Facing Ourselves

One of the best ways to heal the heart while traveling down the pathway of divorce is to write. So, put pen to paper to unveil your fears—be very honest. Now, let's take the time to come face to face with some of your fears and your justifications for being angry. Some of the ideas listed below will be real, while others will be imagined.

Please complete the following statements:

I want a divorce because…

I am most afraid of getting divorced because of…

The worst thing that could happen is…

The benefit of the worst thing happening would be…

The best thing that could happen is…

The children will benefit from the divorce because…

The children will suffer from the divorce because…

And to ease their suffering, I will...

Our children will suffer from the divorce if I…

The children will suffer if my former spouse…

The children will suffer from the divorce if they…

My finances will change, and I will need…

I am afraid that there will not be enough…

All Those Feelings

Taking personal responsibility for having a part in the completion of a relationship is also critical. Please bring the following questions into your awareness and then answer them.

What grudges am I holding on to?

Is there something my spouse could do to help me to heal from it, so that it will not affect the divorce process like it did the marriage?