Grow Through What You Go Through



Worksheet

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Divorce is an experience that many people will go through during their lifetime. While it can be unpleasant and emotionally taxing, divorce is not the end of the world. With the right attitude and effort, the experience can be used as a transformational tool that brings joy and fulfillment into your life.

Answer the following questions to gain a better perspective of how to survive and thrive during and after your divorce. Carefully consider each one, and be specific as possible.

1. Do I have the professional help I need to navigate a divorce successfully? Who do I know that can help?							



he future?						



board and present a united front?							



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sound fun to me?						
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5. How can I improve myself and enjoy myself at the same time?						



vant to make for the future?						
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7. What did I like and dislike about my partner? What kind of partner do I want in the future?							



someone in detail?						