

**ASK YOURSELF:**

What is MY experience of divorce?

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Is it my own experience, meaning my parents were divorced or I've been divorced before?  
Or do I know about divorce from friends or other family members? What is it that I know,  
or think I know, about divorce from these experiences?

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What is my belief about divorce? Do I believe that divorce is always a terrible thing? Is it  
true that it's always a terrible thing?

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Do I know any couples who have done it well?

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GRACEFUL DIVORCE SOLUTIONS - DEFINING THE PROBLEM WORKSHEET

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What did they do differently from the ones I know who had a terrible ugly divorce?

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What effect do these ideas have on the way I think about divorce?

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Fill in the blanks: (Don't think on these too long – just write whatever comes to your mind, whether it makes sense to you or not, just write it down here.)

When I think about divorce, I think of

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My biggest fear about divorce is

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The best scenario I can imagine for my situation is

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(Describe very specifically how you want your divorce to go.)