

**ASK YOURSELF:**

What happened in my marriage to bring me to where I am right now?

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In looking back from where I am now, were there red flags? What were they? Are there signs I missed that now seem obvious? Could I have seen this coming?

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How have I tried to make things work up until now?

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Have I considered other options to divorcing, like counseling or reconciliation, or have I made a firm decision that I'm ready to divorce?

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GRACEFUL DIVORCE SOLUTIONS – WHAT'S YOUR STORY WORKSHEET

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Have I sought help from anyone, like a minister, rabbi, or counselor?

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If so, what have I learned from this person or experience?

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How do my spouse and I communicate with each other?

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What do I think is going on with my spouse right now?

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How are my children doing right now?

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