

**ASK YOURSELF:**

Where do I fall in the Emotional Divorce? Am I the Leaver or the Leavee?

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If I'm the one who left, do I need to slow things down and give my spouse a chance to catch up? What's going on now that would help me answer this question?

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If I'm the one who was left, what do I need to do to get the help and support I need so I can cope with what's going on in the best way possible?

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Am I willing to seek out the help I need? If not, why not?

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How am I handling other family members and the Social Divorce?

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Am I making efforts to maintain relationships?

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How do the Four Divorces affect the different areas of my situation?

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What can I take from this chapter that will help me in my own divorce situation?

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