

ASK YOURSELF:

Is going to court something I really want to do? Explain.

What advantages do I see for my situation?

What disadvantages do I see for my situation?

In what ways would going to court help me achieve my Big Picture?

GRACEFUL DIVORCE SOLUTIONS - LITIGATION WORKSHEET

Am I able to sit down with my spouse and discuss this? If not, who can help me do this?

Who can help me keep my focus on my Big Picture, help me manage my emotions, and help me follow through with my intentions?

Am I willing to seek out those people and use them through my divorce to help make it go better for me?
