



Should I Try to Work It Out?

Be specific about the changes you want to make in yourself and the changes you want your partner to make. Place the changes that you want to make into the box below:

If you can't imagine this scenario at all, then list your reasons here:

Now think about what steps you and your partner could take and changes in circumstances that could potentially turn your imaginings into reality. List them here:

Think about and list what conflicts you might have if you divorce that would be the most difficult and cause you the most emotional pain. These may be some of the same conflicts you currently have. But they may be new ones due to changes from divorce.

How difficult do you think each might be?

Think about ways you could reduce this potential conflict.

Overall, how do you think a divorce would affect conflict with your ex-partner? List your thoughts here:

What are some reasons for hanging on and trying to make things work out? List them here:

Are there some reasons why it might not be wise to hang on and try to make things work out? List them here:

Now think about whether those stresses are likely to change in a positive way over the next few years? List them here:

Are there things you could do to reduce those stresses?

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What have you learned from thinking about these issues?

What do you think will happen if you hang on for the next few years and try to make things work? List your thoughts here: