

# DIVORCE DECISION-MAKING WORKSHEET

## Lylac Divorce Solutions

### DECISION OVERVIEW

Decision I need to make: \_\_\_\_\_

Deadline for this decision (if any): \_\_\_\_\_

Category (check one):

- ☐ Urgent & Important (requires immediate attention, significant impact)
- ☐ Important but Not Urgent (significant impact but can be planned)
- ☐ Urgent but Not Important (time pressure but limited impact)
- ☐ Neither Urgent Nor Important (can be delayed or eliminated)

### VALUES ASSESSMENT

My top 3 priorities/values in this divorce process are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How does this decision align with these priorities? (Circle one)

Strongly Aligned | Somewhat Aligned | Neutral | Somewhat Misaligned | Strongly Misaligned

### OPTION EVALUATION

Option A: \_\_\_\_\_

Potential benefits:

- 
- 

Potential drawbacks:

- 
-

**Option B:** \_\_\_\_\_

**Potential benefits:**

- 
- 

**Potential drawbacks:**

- 
- 

**Option C:** (if applicable) \_\_\_\_\_

**Potential benefits:**

- 
- 

**Potential drawbacks:**

- 
- 

**IMPACT ASSESSMENT**

**How will this decision impact me:**

In the next week? \_\_\_\_\_

In the next year? \_\_\_\_\_

In 5+ years? \_\_\_\_\_

**How will this decision impact my children (if applicable):**

In the next week? \_\_\_\_\_

In the next year? \_\_\_\_\_

In 5+ years? \_\_\_\_\_

**Financial impact of this decision:**

One-time costs: \$ \_\_\_\_\_

Ongoing costs: \$\_\_\_\_\_

Future financial implications: \_\_\_\_\_

## **ADVISORY INPUT**

**What does my divorce team recommend?** \_\_\_\_\_

**What would a neutral third party likely suggest?** \_\_\_\_\_

**Have others in similar situations regretted/appreciated this choice?** \_\_\_\_\_

## **EMOTIONAL CHECK-IN**

**My current emotional state while making this decision:**

- ☐ Calm and clear-headed
- ☐ Somewhat emotional but thinking rationally
- ☐ Highly emotional or reactive
- ☐ Exhausted or experiencing decision fatigue

**If checked either of the last two boxes, consider:**

- Delaying the decision if possible
- Consulting with a trusted advisor
- Taking a self-care break before deciding

## **DECISION REFLECTION**

**Which option best supports my long-term wellbeing?** \_\_\_\_\_

**Which option best aligns with the person I want to be after divorce?** \_\_\_\_\_

**Am I making this decision based on:**

- ☐ Future benefits
- ☐ Present circumstances
- ☐ Past grievances

**Is this decision motivated by:** (be honest with yourself)

- ☐ What's truly best for me/my children
- ☐ Desire to "win" against my ex-spouse
- ☐ Fear or anxiety
- ☐ External pressure from others

## FINAL DECISION

After careful consideration, my decision is: \_\_\_\_\_

Three main reasons for this choice:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Date decision was made: \_\_\_\_\_

## IMPLEMENTATION PLAN

Steps I need to take to implement this decision:

1. \_\_\_\_\_ By when: \_\_\_\_\_
2. \_\_\_\_\_ By when: \_\_\_\_\_
3. \_\_\_\_\_ By when: \_\_\_\_\_

Support/resources I need: \_\_\_\_\_

## NOTES FOR FUTURE REFERENCE

*Use this space to record additional thoughts or context that might be helpful to remember later.*

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*Remember: You have the right to revisit and adjust decisions as circumstances change and new information becomes available. Be compassionate with yourself through this process.*