



Before You Decide to **DIVORCE**

A CLARITY CHECKLIST FOR A BIG DECISION

Take a moment to pause, reflect and be honest with yourself.
These 10 questions can help you gain clarity and understand what you need next.



How long have I felt
this way?

☐

Do I understand my
financial position?

☐

What is actually making
me consider divorce?

☐

Have I taken independent
legal advice?

☐

Have I clearly
communicated what
I need?

☐

If we have children, what
would separation mean
for them?

☐

Is there anything I
genuinely want to repair?

☐

What am I most afraid of?

☐

Am I deciding from clarity
or intense emotion?

☐

If nothing changed, how
would I feel in five years?

☐

*You don't have to
have all the answers today.*

You don't need to rush towards staying or leaving.
The goal is to understand yourself, your circumstances
and your options clearly enough to make the decision
from clarity rather than fear.



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CLARITY TODAY | FREEDOM TOMORROW



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