

Divorce Problem-Solving

The divorce process can seem like an endless set of problems to overcome.

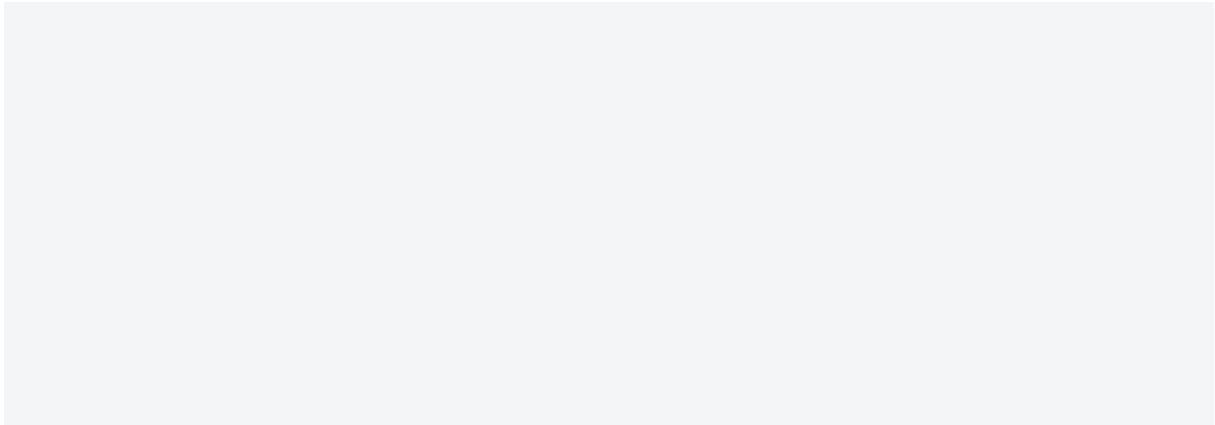
Answer the following questions to understand better the situations you are facing, what you are thinking and feeling, and how they impact your behavior and the possible outcomes:

Describe the situation, event, or problem:

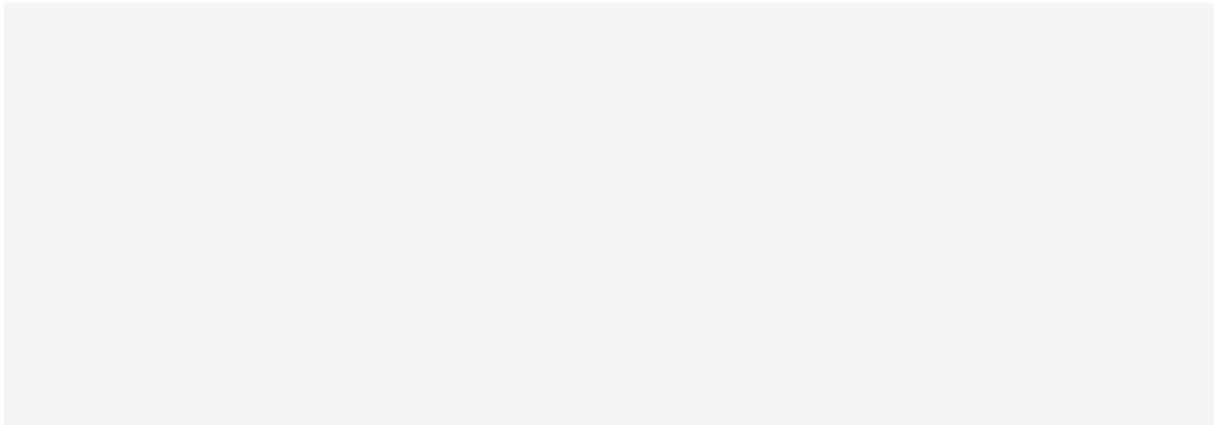
What were you thinking?

How were you feeling?

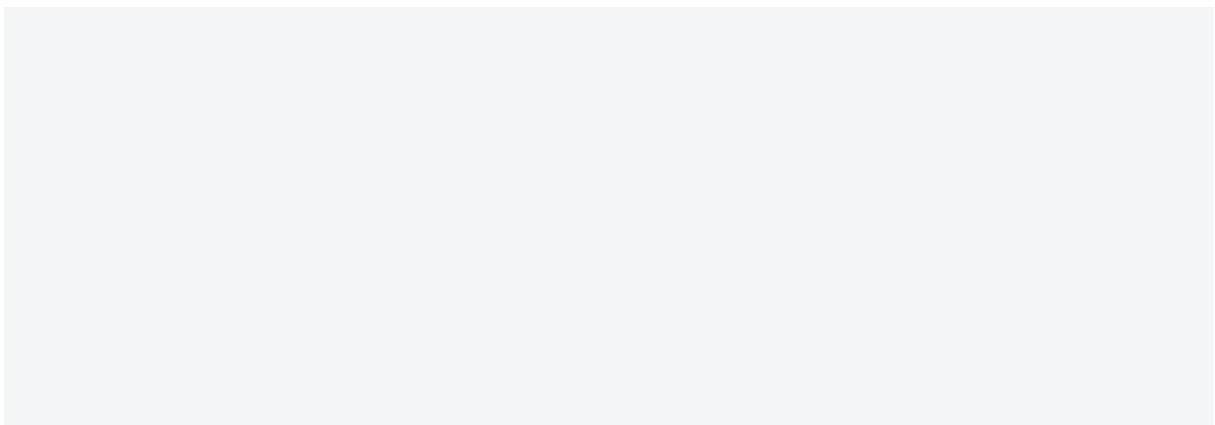
How did you behave or react?



What was the outcome?



Is there anything you can learn from this or do differently next time something similar happens?



Dr. Jeremy Sutton