

Moving on to New Relationships

Having just been through a divorce, starting a new relationship may be the last thing on your mind, and yet, the time will most likely come when you are ready to move on.

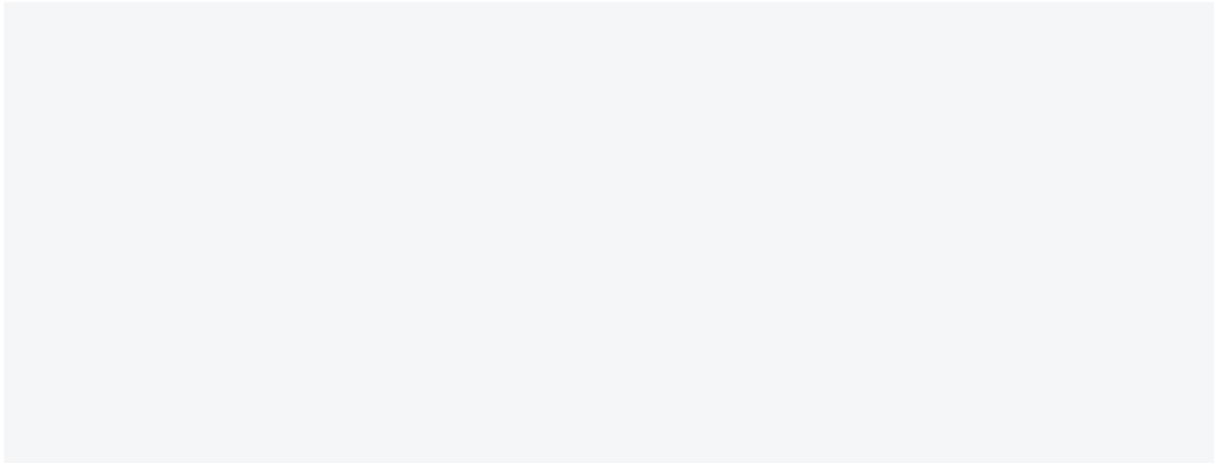
Before considering a new relationship, reflect on each of the following questions to be sure you feel ready and know what you are looking for.

What didn't you have in your last relationship that you would like in your next one?

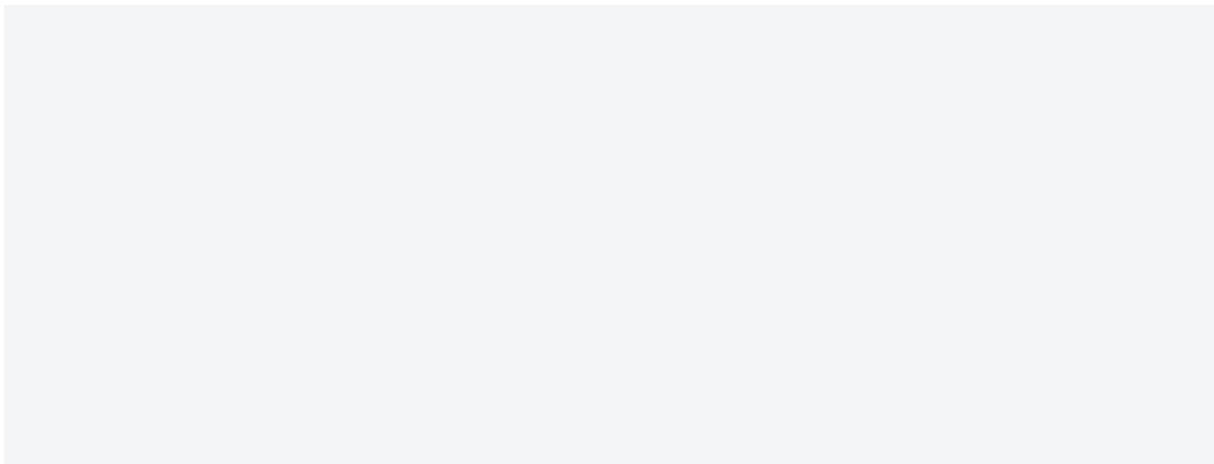
What other aspects of a relationship are important to you and why?

If you have children, what is important in the person you begin a new relationship with?

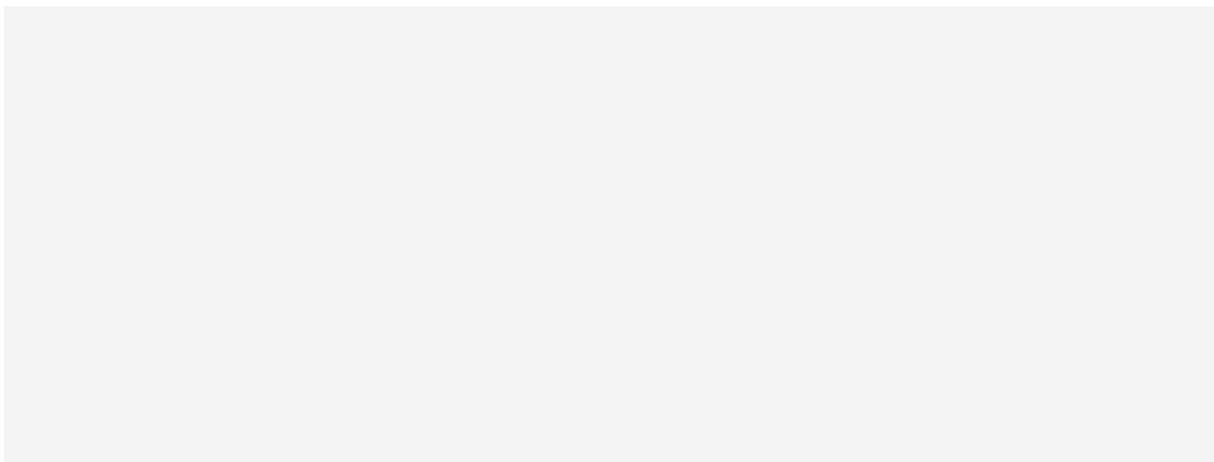
If you have children, how will you continue to show them stability and that they are central in your life?



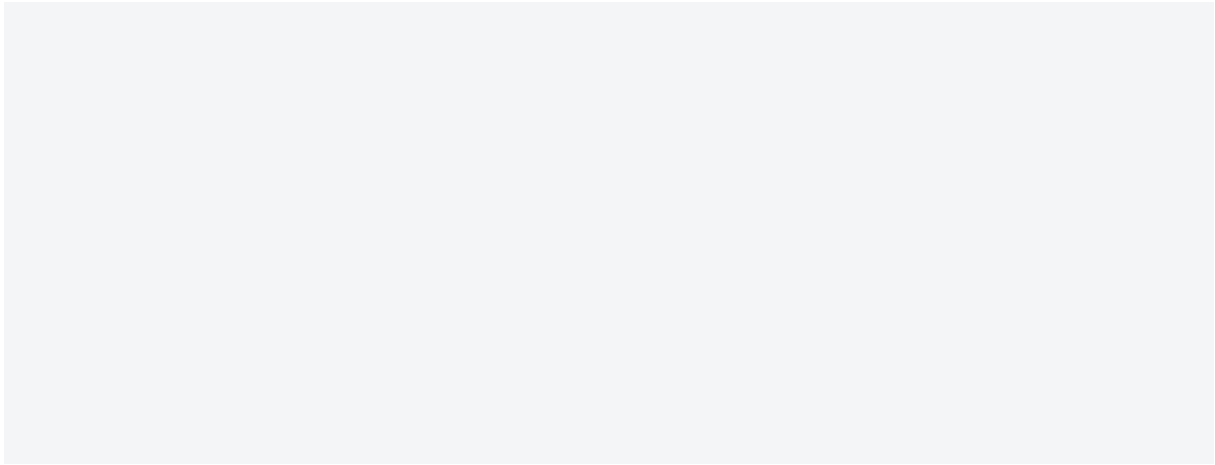
Are you trying to move on simply because of pressure from others?



Are you starting a relationship to upset your ex or to begin one before they do? If so, why might that be unhelpful?



Trust is crucial in a relationship. Do you think any new partners will have the same issues as your previous ones?



Dr. Jeremy Sutton