



**C.E. BORMAN  
& ASSOCIATES**  
Straight Talk, Honest Advice®

## EMOTIONAL CONSIDERATIONS FOR DIVORCE:

### A SELF-ASSESSMENT AND JOURNAL

Divorce is a significant life transition, often accompanied by a wide range of emotions. This journal is designed to provide a safe space for you to explore your feelings, concerns, and hopes as you consider your options.



#### SECTION I:

## REFLECTING ON YOUR CURRENT SITUATION

### **Understanding Your "Why"**

Take a moment to reflect on the reasons that have led you to consider divorce. What are the core issues influencing your decision?

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# IDENTIFYING YOUR CONCERNS



## What Are Your Biggest Concerns?

Sometimes, fear or uncertainty can prevent us from moving forward, and divorce is uncharted territory for many. What are your biggest fears about the process? Identifying your concerns is the first step toward addressing them.

MULTIPLE CHOICE: (CHECK ALL THAT APPLY)

- |  |   |
|--|---|
| <input type="checkbox"/> Sorting out financial affairs (e.g., dividing assets, retirement accounts, income concerns) | <input type="checkbox"/> Fear of the unknown/emotional well-being (e.g., loneliness, grief) |
| <input type="checkbox"/> Child custody and co-parenting arrangements   | <input type="checkbox"/> Social stigma or judgment  |
| <input type="checkbox"/> Impact on family and friends  | <input type="checkbox"/> The legal process itself   |

**Is there anything else you're concerned about that is holding you back from the future you deserve?**

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## SECTION 3:

# EXPLORING YOUR HOPES

### Envisioning Your Future

While divorce can be challenging, it can also be an opportunity for new beginnings. What are your hopes for the future? What does your happy ending look like?

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## SECTION 4:

# TAKING THE NEXT STEP

Navigating the divorce process in Texas can be challenging and confusing, especially when emotions are running high. That's why you need C.E. Borman on your side. We have been helping our clients through this difficult journey for many years. We give our clients realistic and straightforward counsel on how to safeguard their interests and look after their loved ones.

**Contact us today for a confidential consultation.**

**(979) 985-2450**

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