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Divorce Readiness Reflection*

A Structured Guide for Personal Reflection and Preparation

The sole objective is to observe patterns and improve self-awareness.

Section 1: Your Relationship Today

1. What brings you here today?
2. What has changed in your relationship over the past year?
3. What feels most painful right now?
4. *What still gives you hope?*

Section 2: Attempts to Repair

Consider whether you have tried any of the following approaches:

- | | |
|---|---|
| ☐ Honest conversations | ☐ Individual therapy |
| ☐ Marriage counseling | ☐ Setting healthier boundaries |
| ☐ Time apart | ☐ Reading relationship resources |

Reflect on what happened when you attempted these strategies.

Section 3: Your Emotional Experience

Indicate which emotions you frequently experience:

- | | | |
|-------------------------------------|--|--|
| ☐ Lonely | ☐ Unsafe | ☐ Hopeless |
| ☐ Criticized | ☐ Unappreciated | ☐ Confused |
| ☐ Anxious | ☐ Disrespected | ☐ Emotionally exhausted |

Section 4: Looking Forward

Consider your feelings and thoughts about the future:

- If nothing changed over the next five years, how would you feel?

- If meaningful change occurred, what would that look like?

Reflection

Pick a healthy step for this week:

- ☐ Reach out to a trusted friend or family member to discuss your concerns about divorce.
- ☐ Set up a private email for all legal and personal matters to send/receive/catalog helpful information.
- ☐ Update passwords on your devices and check location services.
- ☐ Stop use of all AI tools for legal advice and keep information private.
- ☐ Make a list of professionals to consult—therapist, doctor, attorney, mediator, or divorce coach.
- ☐ Look into e-books about divorce with a free local e-library card (LIBBY)

*Mallory Counseling PLLC Disclaimer

The resources provided here are intended solely for education, self-reflection, and personal organization. They are not substitutes for therapy, legal advice, medical advice, crisis counseling, or consultation with a licensed professional.

Utilizing these tools does not create a therapist-client relationship with Mallory Counseling PLLC.

If you are facing domestic violence, feel physically unsafe, have concerns about child abuse, or are experiencing thoughts of harming yourself or others, please seek immediate help through local emergency services or an appropriate crisis resource.

For legal matters such as rights, finances, or custody, consult a qualified family law attorney in your state.

These exercises are designed to assist you in gaining clarity and preparing thoughtful questions, rather than instructing you on which decisions to make.