

Divorce Counselling Worksheet

Client name:

Date:

Age:

Address:

Contact number:

Instructions: This worksheet is designed to help you navigate the emotional challenges that may arise after a divorce. Take your time to reflect on each question and write down your responses. Remember, be honest with yourself; this process is about your healing and growth.

Acknowledging emotions

A) What are the primary emotions you have been experiencing since the divorce?

B) Rate the intensity of each emotion on a scale of 1 to 10 (1 being mild, 10 being overwhelming).

C) Are there any emotions you find difficult to express or understand? If yes, list them and try to explore the reasons behind it.

Grieving and letting go

A) What aspects of the divorce do you find most challenging to let go of?

B) How has your life changed since the divorce, and what positive aspects have emerged from this change?

C) Write a letter to yourself expressing compassion and understanding during this grieving process.

Rebuilding self-identity

A) Reflect on the roles you had during the marriage. How have these roles changed, and how do you feel about that?

B) What are some positive qualities or strengths you possess that can help you redefine your self-identity?

C) Identify one self-care activity you can incorporate into your daily routine to nurture yourself.

Communication and boundaries

A) Consider your communication patterns with your ex-partner. Do you want to make any improvements or changes in your communication style?

B) List three healthy boundaries you need to establish for better emotional well-being.

C) How will you communicate these boundaries to your ex-partner while maintaining respect and assertiveness?

Future growth and goals

A) Envision your life six months from now. What emotional state and lifestyle do you want to achieve by then?

B) Identify three short-term goals contributing to your emotional healing and growth.

C) How will you hold yourself accountable for working towards these goals?