



Am I Ready to Divorce?

Self-Assessment for Clarity Before You File

Deciding whether to move forward with divorce is one of the most personal, and often difficult, decisions you may ever face. This short reflection tool is designed to help you evaluate your emotional and practical readiness before taking that next step. It's not about reaching a "perfect" answer; rather, it's about giving yourself space for honest self-reflection.

Instructions: Read each statement carefully and check the box that best represents how true it feels for you right now. There are no right or wrong answers — only authentic ones. When you're finished, you'll have a clearer sense of where you are emotionally, what practical preparations you may still need, and what types of support — legal, emotional, financial, or otherwise — could help you move forward with greater confidence and peace of mind.

Emotional Readiness

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I've thought seriously about divorce for more than a few weeks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've explored options for reconciliation (e.g., therapy, counseling).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel emotionally ready to begin the divorce process.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm not making this decision in the heat of anger or pain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've accepted that this may be a long and emotional process.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Practical Readiness

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I understand the basic steps in a divorce process.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have started gathering important financial/legal documents.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a sense of our household's income, assets, and debts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've considered where I would live post-divorce.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how much support I might need financially.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Support System

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I've identified at least one close friend or family member I can lean on.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have or am looking for a therapist or coach to support me emotionally.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have started researching or speaking to potential divorce attorneys.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand that I will need to build a professional "team" to help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel confident that I don't have to go through this alone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



How to Use This Assessment

- **Mostly "Strongly Disagree/Disagree":** You might still be in an early exploration phase. Focus on gathering more information and support.
- **Mostly "Neutral":** You're gaining clarity. It may help to speak with a therapist or mediator to sort through your options.
- **Mostly "Agree/Strongly Agree":** You're likely ready to take the next step – whether that's talking to an attorney, mediator, or coach.

Next Step: You Don't Have to Do This Alone

Whether this assessment brought you clarity or raised more questions, know this: you're not alone – and you're not expected to have all the answers right now.

Explore more tools and support at www.dimolaw.com, or tune in to the *Split / A Podcast on Modern Divorce* series – where we bring in legal, financial, and emotional health experts to help you navigate every stage of divorce with insight and dignity.

Find us on Apple Podcasts, Spotify, or anywhere you listen.

You deserve support, clarity, and a plan – and we're here to help you find it.