

# Exercise for Chapter 1

## 1.1: Plan Your Use of this Guidebook.

Often it is a good idea to start an activity with a goal and a plan. We invite you to do that for this guidebook. First, we suggest you look over the Contents on pages 3-4 to get a better idea of the specific topics included in the guidebook. The various chapters and sections of each chapter are titled with a question that people at the crossroads of divorce often have. Next, you may want to skim the overview at the beginning of each chapter you have noticed to see if it is something you are interested in. Then think about how valuable the information in the chapter will be to you. If you believe it will be valuable, make a plan to go over the material and complete some of the activities.

Using the guidelines below, for each chapter indicate how important you think the information will be to you (circle the number for your answer). Then, indicate when you would like to have read the material and completed some or all the activities. Please consider carefully; make this a contract with yourself to help you think clearly at this challenging crossroad in your life.

Then, after doing this, pause for a moment and think about your overall goal for this guidebook. Perhaps you seriously want to think about working more on your relationship and avoiding divorce, so your goal may be to find ways to do this. Perhaps you don't have much choice—the divorce is being forced on you—so maybe your goal is to better understand what might have gone wrong in your marriage and learn what you can do better the next time. Whatever your goal might be, write it down.

Chapter 2: Can unhappy marriages become happy again? How?				
How important do you think this chapter will be to you?	1 Not Important	2 Somewhat Important	3 Pretty Important	4 Very Important
When will you read it and work on the activities?			Finish date goal:	
Chapter 3: How common is divorce and what are the reasons?				
How important do you think this chapter will be to you?	1 Not Important	2 Somewhat Important	3 Pretty Important	4 Very Important
When will you read it and work on the activities?			Finish date goal:	
Chapter 4: Does divorce help adults become happier?				
How important do you think this chapter will be to you?	1 Not Important	2 Somewhat Important	3 Pretty Important	4 Very Important
When will you read it and work on the activities?			Finish date goal:	
Chapter 5: What are the possible consequences of divorce for children?				
How important do you think this chapter will be to you?	1 Not Important	2 Somewhat Important	3 Pretty Important	4 Very Important
When will you read it and work on the activities?			Finish date goal:	
Chapter 6: What are the possible consequences of divorce for adults?				
How important do you think this chapter will be to you?	1 Not Important	2 Somewhat Important	3 Pretty Important	4 Very Important
When will you read it and work on the activities?			Finish date goal:	
Chapter 7: What are the financial consequences of divorce?				
How important do you think this chapter will be to you?	1 Not Important	2 Somewhat Important	3 Pretty Important	4 Very Important
When will you read it and work on the activities?			Finish date goal:	

Chapter 8: What are the legal options for divorce? What should I expect during the divorce process?				
How important do you think this chapter will be to you?	1 Not Important	2 Somewhat Important	3 Pretty Important	4 Very Important
When will you read it and work on the activities?			Finish date goal:	

Now write down your overall goal for your use of this guidebook:

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