

4.2: Thinking About Conflict After Divorce.

Divorce may end some conflicts you have had with your spouse, but it can also be the beginning of other conflicts. This exercise is designed to help you think about what conflicts you have had and what will happen if you divorce. Also, this exercise helps you think about what other conflicts may arise if you divorce, and how challenging those conflicts may be.

A. Current Conflicts. What are the current conflicts you have with your spouse that cause the most difficulty and emotional pain? List those below and say how difficult the conflict is for you. Then think about whether this conflict is likely to get better (go away) or worse if you divorce, and why.

What are your most difficult conflicts in your marriage?	If you divorce, do you think the conflict will get better, worse, or stay the same? (Put an x in the box.)			
	Better	Same	Worse	Why? Briefly explain.
1.				
2.				
3.				

4.				
5.				

B. Conflicts After Divorce. Now, try to think about what conflicts you might have if you divorce that would be the most difficult and cause you the most emotional pain. These may be some of the same conflicts you currently have. But they may be new ones due to changes from divorce. You may want to review some of the stresses that commonly come as a result of divorce in section B of Chapter 4. List possible conflicts below. Then say how difficult you think each conflict will be. Finally, think about ways you could reduce this potential conflict.

What do you think your most difficult conflicts with your ex-spouse might be after a divorce?	How difficult do you think this conflict will be? (Put an x in the box.)			How could you reduce this possible conflict?
	Slightly Difficult	Somewhat Difficult	Very Difficult	
1.				
2.				
3.				
4.				
5.				

C. Overall. Overall, how do you think a divorce would affect conflict with your ex-spouse? Write down your thoughts here:
