

Exercises for Chapter 6

6.1: How Will Divorce Affect Me Personally?

It may be impossible to know for sure how you will be affected by divorce. But there are many things to think about that will give you a better sense of what may happen. Below are a series of questions about different aspects of your life after a divorce.

A. Your social life. In this chapter, you learned that many people report having a difficult time maintaining friendships and feeling lonely after divorce. This exercise is designed to help you think how a divorce may affect your social life. (A later part of this exercise will focus specifically on romantic relationships after divorce. For now, think about friendships and family relationships.)

Friends. Who are your strongest friends and how might those friendships be affected by a divorce? (Next you will focus on relationships with family members.) Write down your thoughts about this:

Name of Friend	How might your relationship be affected by a divorce? Why?
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Family. Of course, family relationships are often the most important part of our social lives. Now consider how divorce may affect your social relationships with various family members. Include relationships with, for instance, parents, siblings, extended family, and in-laws. Of course, especially consider how divorce may affect your relationship with your children. (Next you will focus on your relationship with your ex-spouse.) Write down your thoughts about this:

Name of Family Member	How might your relationship be affected by a divorce? Why?
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Name of Family Member	How might your relationship be affected by a divorce? Why?
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Ex-Spouse. Now think about how your divorce will affect your relationship with your ex-spouse. For some, conflict decreases after divorce but for others it increases. Some can cut the emotional and practical ties fairly easily but for others they remain quite attached and dependent on their ex-spouse. Think about how this is likely to be for you. Write your thoughts here:

Future romance. Of course, most people who divorce hope to find a new and better love. What are your hopes and dreams? What barriers will you face to realizing these hopes? Be as realistic, honest, and specific as possible in assessing this. How can you meet and overcome these barriers? Write your thoughts here:

B. Your religious life. In this chapter, you also learned about the effects that divorce may have on your religious life. You may not have thought much about this aspect of your life after divorce. This exercise is designed to help you do so.

Beliefs. What are your religious beliefs about divorce? How will they affect how you adjust to divorce? Will they be a source of strength to you or might they make adjustment harder? Why? Write down your thoughts here:

Support. Do you think you will have support and help from religious leaders and friends? Or do you think you might feel alienated from religious support as a result of your divorce? Why? Write down your thoughts here:

Activity. Will you want to maintain your involvement with your religious group? Increase it? Decrease it? Why? What challenges will you face with respect to religious involvement after your divorce? Write down your thoughts here:
