

Your name \_\_\_\_\_ Today's date \_\_\_\_\_

*please print clearly*

### SIW: SEPARATION ISSUES WORKSHEET

Dear Client: You're about to embark upon a journey. Your professional Team navigates the path, while you provide your narrative and your goals. From our experience, we know there will be bumps along this road. To guide you effectively through the inevitable bumpy times, we would like to anticipate possible issues that might arise for you. By responding to the questions below, we can determine where you may need specific support. There are no 'right' or 'wrong' "answers", only what's true for you. Thanks for responding. ~ Your team.

#### I. DEMOGRAPHICS

You: M/F Age \_\_\_\_ Years married \_\_\_\_\_ [Years previously married \_\_\_\_: How marriage end? \_\_\_\_\_ ]

Any major changes in last 5 years? \_\_\_\_\_

Siblings M/F & current age \_\_\_\_\_

Children: M/F & current age \_\_\_\_\_

Parents Married? \_\_\_\_ years. Divorced? \_\_\_\_\_ [date] [Other? \_\_\_\_\_ ]

Mother: age \_\_\_\_ Where currently live? \_\_\_\_\_ or \_\_\_\_\_ deceased [year]

Father: age \_\_\_\_ Where currently live? \_\_\_\_\_ or \_\_\_\_\_ deceased [year]

#### II. ISSUES:

**<Strongly DISagree                      Strongly Agree>**

- |  |          |          |          |          |          |
|--|----------|----------|----------|----------|----------|
| 1) I understand clearly why we are separating/ divorcing.                                      | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 2) I go out of my way to seek approval from others   | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 3) I can look at my partner and know just what s/he's thinking.                                | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 4) I'm comfortable when others depend on me.   | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 5) I can easily feel bombarded by lots of information coming in at me.                         | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 6) Once triggered, my emotions escalate rapidly from -0- to -100-.                             | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 7) It's important to me to feel <b>in</b> dependent and self-sufficient.                       | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 8) When someone I love gets hurt, I feel his/her pain as much as s/he does.                    | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 9) I don't worry about being alone or having others <b>not</b> accept me.                      | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 10) I'm very uncomfortable experiencing opposite [or contradictory] feelings at the same time. | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 11) I'm nervous whenever anyone gets too close to me.  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 12) My partner avoids conflict at all costs.   | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 13) I contributed to this separation.  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 14) I'm comfortable when I depend on others.   | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 15) My partner understands clearly my reasons for separating.                                  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 16) It's a mistake to trust others. Everyone's looking out for themselves.                     | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 17) Thinking in black and white terms helps me feel clear headed.                              | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 18) I worry others will abandon me.  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |

**SIW: SEPARATION ISSUES WORKSHEET / page 2**

Name \_\_\_\_\_ Date \_\_\_\_\_

- 19) Ug. A second page. Now I'm beginning to resent doing this. **I 2 3 4 5**
- 20) When an acquaintance gets hurt, I feel his/ her pain as much as s/he does. **I 2 3 4 5**
- 21) The thought of being left by others rarely enters my mind. **I 2 3 4 5**
- 22) I can tolerate being wrong. **I 2 3 4 5**
- 23) I often want to merge completely with others, and this desire sometimes scares them away. **I 2 3 4 5**
- 24) I avoid conflict even if it costs me. **I 2 3 4 5**
- 25) I occasionally think that I'm **not** worthy of being loved. **I 2 3 4 5**
- 26) When I'm really stressed, I worry I'll completely fall apart. **I 2 3 4 5**
- 27) I understand clearly my partner's reasons for separating. **I 2 3 4 5**
- 28) It's a easy for me to become emotionally close to others. **I 2 3 4 5**
- 29) I can tolerate ambivalence. **I 2 3 4 5**
- 30) My childhood experiences have affected the kind of person I am today. **I 2 3 4 5**

- 31) I like to be right (*circle one >*): a) all the time; b) most of the time; c) nice but not necessary.
- 32) Uncertainty makes me feel (*circle ALL that apply >*) [anxious] [ helpless] [ mad ] [ challenged].
- 33) I expect that this separation /divorce process will take \_\_\_\_\_ a) 6-9mo.s b) 9-12 mo.s  
c) 12-15 mo.s d) more than 15 mo.s . . . . . from start to signed agreement.
- 34) I feel (*circle ALL that apply >*) [relieved] [unhappy] [accepting] [angry] about this decision to separate.
- 35) When anyone disagrees with me, (*circle ALL that apply >*) a) That's it, I don't engage; I move on. b) I try to understand his/her perspective; c) I'll cooperate on other matters instead; d) I usually end up getting excited, upset, or angry, in my efforts to convince the other re: my view.
- 36) When I have free time, I love to: (*list order of preference, all that apply >*) \_\_\_\_\_ A) have dinner with a friend;  
\_\_\_\_\_ B) do nothing \_\_\_\_\_ C) quietly read a book; \_\_\_\_\_ D) do an activity by myself [e.g. exercise, work on a project...etc.]

With his/her free time, my partner would prefer: \_\_\_\_\_ A) \_\_\_\_\_ B) \_\_\_\_\_ C) \_\_\_\_\_ D)

- IV.
- 37) Describe your Mother. \_\_\_\_\_
- 38) Describe your Father. \_\_\_\_\_
- 39) Describe yourself. \_\_\_\_\_
- 40) Describe your partner. \_\_\_\_\_

**Thank you for taking your time to respond.**