

WORKSHEET FOR SEPARATION DISCUSSION [S]

The goal of this Worksheet is to help you each decide

- How "Unmarried" you wish to be;
- What this separation means to each of you;
- What you expect from your self & from your partner;
- Work out interim arrangements until you make more formal [or final] decisions.

I. EMOTIONAL

One or both of you has decided you've "had enough." You've discussed Separation. What does this Separation mean to each?
____ TIME-OUT / Cooling off Period ____ Split/ Both feet out ____ Can't decide/ Have conflicting feelings

II. PHYSICAL: One Roof or Two?

Financial or other constraints may mean you need to continue to live under the same roof [which on average works for 2-3 months with most couples]. Whether under one roof, or two, the following Guidelines can help you navigate your daily lives.

III. FINANCIAL

1- BUDGET: Joint income

____ Two Households:: How to divide income to cover both households? [List income- separate worksheet]

2- BUDGET: Expenses: ____ Divide joint bills ____ debts

____ One household: will you split expenses? Or continue to pay jointly? [List expenses – separate worksheet]

3- CHECKING ACCOUNT: ____ Keep joint checking account: ____ set up 2 individual checking accounts

4- CREDIT CARDS: ____ Have one joint card ____ separate them [List cards – separate worksheet]

5- LIQUID ASSETS: ____ Freeze ____ Divide [List – separate worksheet]

IV. CHILD[REN]

1- ____ Living Arrangements

2- ____ Schedule: Time with each parent: how do you wish to trade off as Parent In-Charge [PIC]

3- ____ Routine responsibilities: ____ divide by parent ____ divide by household location

4- ____ Information exchange: ____ WHAT info needs exchanging?

____ school, ____ sports, ____ friends, ____ extended family, ____ minor illnesses ____ behavior issues ____ other

____ HOW to exchange info: List preference: ____ text ____ email ____ phone ____ written notes

5- ____ Decision-Making: ____ jointly about everything ____ PIC for minor decisions ____ Solely [List areas]

IV. YOUR RELATIONSHIP

1- ____ How much communication do you want? What kinds? ~ How much contact? What kinds?

2- ____ How much autonomy do you want? How much space / privacy?

3- ____ Besides your child[ren], are there practical areas where you'll need to be involved with one another?

E.g. ____ home repair? ____ car? ____ work? ____ other:

4- ____ Discuss ground rules for using family residence: ____ walk in ____ call first ____ store clothes ____ store other items

5- ____ Discuss if you plan to date? To inform the other [and at what point?] if/ when to introduce your child[ren] to a significant other.

Reference: the idea and some of the language for this Worksheet are from: The Healthy Divorce, by Lois Gold MSW 2009

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