

DIVORCE **BY** DESIGN

DIVORCE BY DESIGN Checklist For Evaluating Divorce Solutions

To create a DIVORCE BY DESIGN is a choice. It's a big choice about your overall approach to divorce that is made up of thousands of smaller choices along the way.

While some elements of even the most creative divorce may resemble the more traditional path, the overall approach of a DIVORCE BY DESIGN is highly intentional, thoughtful, and creative. Decisions are made because they're the right ones for you and your family, not because it's what other people do.

The DIVORCE BY DESIGN checklist summarizes the key questions to ask yourself as your divorce unfolds. Use it to evaluate your own decisions and overall approach to designing your divorce.

DIVORCE BY DESIGN CHECKLIST

- Am I making decisions that will contribute to solving my divorce problem (and my STBX's)?**
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- Am I making decisions that will bring me closer to my divorce vision (and my STBX's)?**
.....
- Am I questioning questions (why? what if?) and challenging underlying assumptions?**
.....
- Am I being who I want to be, living my values, and embracing the following design principles?**

Check your emotions

- Am I recognizing how I feel and whether I'm making decisions from my emotions?

Tap your well of empathy

- Am I considering and empathizing with my STBX's perspective and emotions?

Don't let yourself off the hook

- Am I recognizing my own contribution to arriving where we are now as well as to getting where I want to go?

Purge pettiness

- Am I acting gracious rather than petty?

Ask for partnership

- Am I treating my STBX as a partner?

Sideline your ego

- Is my ego driving my behavior or decisions and am I working toward forgiveness?

Expose your throat

- Am I showing vulnerability in order to build trust?

Bake a bigger pie

- Am I revealing my true interests and looking for opportunities to meet them and my STBX's interests simultaneously?

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Tame the beast	<input type="checkbox"/> Am I appealing to my STBX's head and heart?
Expand the circle	<input type="checkbox"/> Am I being welcoming or at least respectful of my STBX's new partner?
<input type="checkbox"/> Am I engaging my creativity and embracing the following design principles?	
Unearth your creative genius	<input type="checkbox"/> Am I recognizing and channeling my own creativity?
Adopt a growth mindset	<input type="checkbox"/> Am I actively working to enrich my creativity?
Take care of yourself	<input type="checkbox"/> Am I practicing self-care?
Find the others	<input type="checkbox"/> Am I interacting with people who inspire creativity?
Pass the salt	<input type="checkbox"/> Am I taking others' advice with a grain of salt?
Get silly	<input type="checkbox"/> Am I integrating a little fun and levity into my problem-solving efforts?
Believe quantity begets quality	<input type="checkbox"/> Am I brainstorming lots of ideas to develop really creative ones?
Start small. But start.	<input type="checkbox"/> Am I trying things out rather than waiting for the perfect solution?
Experiment, even if just in your mind	<input type="checkbox"/> Am I conducting thought experiments to imagine how something will play out before I attempt it?
Don't solve for problems you don't have	<input type="checkbox"/> Am I solving for the problems I do have without over-solving for those I don't?

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