



#### CONTEMPLATION:

One of the toughest stages of divorce is the contemplation stage. You are wracked with the question, "Should I Stay or Leave My Marriage?" The following questions will assist you in gaining clarity with your decision, so that you can move forward without regret and be at peace.

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## 50 QUESTIONS

*To ASK Yourself to Gain Clarity on Whether You Should Stay or Leave  
Your Marriage*

## *50 Questions You Must Ask Yourself Before Deciding to Divorce*

***Change Happens When the  
FEAR of Staying the Same  
is Greater than the  
FEAR of Change***

Here are 50 questions for you to contemplate, pray or meditate on in order to gain clarity about your decision to leave or stay. This is not a quiz, it's simply a method to help you think about why you want to leave. You will likely gather some "aha" moments, about what your true desires are.

The decision to leave or stay is based on your personal values and what it is that you are willing to put up with. For example, some women are able to forgive an affair and move on. Some women, come to the conclusion that they may no longer want to be a codependent to someone who has an addiction. While others, simply long for a happier more peaceful life and are tired of feeling like a second class citizen.

1. On a scale of 1 to 10 how happy am I in my relationship?
2. How often do I laugh and when?
3. Am I happier when my husband is not around?
4. Have I given up my dreams, plans and future in order to fit into his?
5. Have I sacrificed who I am at my inner core for this relationship?
6. Do I have interests outside of my roles as a wife, mother and employee/business owner?
7. Do I envision reasons to avoid going home to my husband at the end of the day?

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8. How often do I fantasize about what life would be like if I were no longer married?
9. Do I fantasize about my husband dying, so that I am free of the pain our relationship causes?
10. How attached to the “stuff” (house, cars, vacations, etc.) am I and am I ready, able and willing to reduce my standard of living if need be?
11. Have I withdrawn from my husband by no longer expressing my needs?
12. How often do I compare my husband to other husbands, or to the male characters in my favorite movies, TV shows or books?
13. Do I secretly believe that my husband is a failure and unable to do anything right?
14. Have I cheated on my husband? (If yes, what was you looking for?)
15. Do I walk around on eggshells, wondering what type of mood my husband will be in when he arrives home?
16. Does my husband fail to keep his promises to me, or does he consistently lie to me?
17. Does my husband disrespect me and put me down on a regular basis?
18. Does my husband blame me for things that I clearly have no control over?
19. How often do my husband and I argue and do either of us have the habit of bringing up past hurts and mistakes?
20. Has my husband ever hit or been violent with me in any way?
21. Am I afraid that my husband will hurt me or the children if I choose to leave?
22. Does my husband have a mental health issue, drug or alcohol addiction?
23. Does my husband control the money and everything else about my life?

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24. Does my husband tell me that I could not survive without him, or threaten to leave me penniless?
25. Has my husband been unfaithful to me?
26. Would I describe our relationship as a “we” or “*him OR me*”?
27. Am I attracted to my husband physically and mentally?
28. When is the last time my husband and I had sex – and was it fulfilling to me?
29. How much time do my husband and I spend together each week, and do I enjoy our time together?
30. Have my husband and I simply grown apart and taken different paths over the years?
31. Do I feel free to express the *real* me while I am at home?
32. Is my husband readily available to comfort me in times of need?
33. Do I believe my husband is *in love* with me and am I *in love* with him?
34. Do my husband and I appreciate the same friends and hobbies?
35. Do my husband and I share the same moral, ethical and lifestyle values – including parenting methods?
36. Do I resent the time, love and energy my husband gives to his friends, job, or to his pets?
37. Am I thinking about divorce in the heat of the moment – after a BIG argument or finding out he had an affair?
38. Do I REALLY want a divorce – or am I using it as an ultimatum for him to realize how much he loves me or so that he will change his behaviors?
39. What are the core issues in my marriage and are they repairable?

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40. Have I stayed in this marriage in an attempt to avoid pain, misery and fear?
41. Do I have the energy that is required of me to stay in this marriage?
42. Do I feel that I should stay with my husband because I married him “in sickness and in health” and he has a mental issue (or addiction) that he refuses to acknowledge?
43. Am I remaining in this marriage *solely* because of my moral or religious beliefs?
44. Have we tried marriage counselling with little or no success?
45. Am I ready to let go of my husband, physically, emotionally and spiritually?
46. Am I willing to accept that my decision will inflict pain on others – but this is unavoidable in order for me (and my husband) to be happy and live a fulfilled life?
47. Am I ready to take control of my life in a responsible and mature way?
48. What do my family and closest friends say about my relationship with my husband and do they refuse to visit me if he is home?
49. Have I tried everything in my power to save my marriage, so that I know I can leave without regret or doubts?
50. Do I have a strong support system in place for dealing with the emotional roller-coaster of divorce, including the loss of the happily ever after dream, the fear, loneliness and guilt that I will experience as I grieve the death of my marriage and the loss of my hopes and dreams?

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# *7 Ways a Divorce Coach Can Help You*

Your emotions are high while you are going through a divorce. At times you may not even understand all of your feelings, causing you to do or say something that you may really regret. Or worse, making the wrong decision that will impact you for the rest of your life!

When you announce your divorce you are typically NOT greeted with tons of helping hands ready to support you. You may be one of the lucky ones that have one or two friends that offer very strong emotional support. However, if you are like most women, you probably feel that you don't have many shoulders to cry on. Even though your family and friends try to be there for you – often times they just don't know how. They may bombard you with questions or statements such as:

- \* Why, what happened?
- \* He was never good enough for you anyway.
- \* You deserve so much better.
- \* God doesn't like divorce.
- \* You didn't try hard enough.
- \* What did you do to save your marriage?
- \* I knew it wasn't going to work out.

You may not be ready to believe or accept the fact that some of your friends do not even associate with you anymore. You are also losing part of your extended family ... the longer you've been married and how close you were to his family, will dictate how hard this hits you.

Did you know that going through a divorce is considered the second largest stressor in life? The first one is the death of a spouse. Yet, society in general does not treat you with the same empathy and support that you need to get through this challenging time in your life. Many people like to "pretend" that divorce is no big deal.

The truth is ... DIVORCE HURTS!

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A great way for you to heal, love and find inner peace during and after your divorce is to work with a divorce coach. Here are 7 Ways a Divorce Coach can help:

- 1) You will have a very SAFE and NURURING environment to talk about all of your feelings without fear of retaliation or your ex finding out what you said. Your divorce coach will be able to help you sort out, deal with and let go of all the emotions you are feeling such as rage, jealousy, revenge, unworthiness, rejection, sadness and fear.
- 2) You will be able to brainstorm with your coach about the type of settlement you want and need from the divorce. She can also guide you to resources that you may not have known about. It's important to look at the long term effects of the decisions you are making today, and your coach helps you gain clarity so your decisions are made out of logic and not emotion.
- 3) You can actually save a little bit of money by discussing your concerns with your divorce coach vs an attorney. By talking with your coach, you will get clear about what questions to ask your attorney. Otherwise, you may be telling your story and all of the drama you are facing to your attorney for hours. It's important to realize that your attorney is only listening for facts that he can use in your case. When you are clear about the facts, and relate these facts to your attorney, you leave room for him to do a better job representing you.
- 4) You are making the transition from a married woman to a single woman. You may feel as if you have lost your identity. The depth of your confusion may depend upon your age at marriage as well as the length of your marriage. Your divorce coach helps you navigate this new life of being a single woman and guides you as you discover who you are and what you want in the next chapter of your life as a single woman



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- 5) You may have a deep fear of your future. Many women report they are terrified of becoming a bag lady or the old cat lady next door. It boils down to you being afraid of the unknown. You are navigating new waters. You thought you knew what was in hold for you in your future and now that is gone. Your divorce coach gives you techniques on how to overcome this fear, brainstorms a variety of paths that you may choose to take, and holds your hand as you take the first steps.
- 6) You may be faced with making decisions about your financial future, such as whether or not you want or need to change directions in your career path. Your divorce coach will walk with you down this path, in order to discover what your passions and true desires as well as a variety of ways you can secure your financial future.
- 7) You may want to date again and possibly find a new companion to spend the rest of your life with. You might be fearful that you will wind up with your ex all over again – just with a different name and face. Your divorce coach will assist you in determining what type of a man you are looking for, how to recognize red flags, and how to set boundaries from the beginning of any relationship. Knowing exactly what you are looking for and deciding not to settle, is the first step to finding the loving, healthy, nurturing relationship that you deserve.

*You may be asking, so why not just go to a therapist?*

Therapy definitely has its place and there are differences. Therapists typically try to help you understand your feelings by delving into your past. They rarely brainstorm with you or give you specific tips and techniques. The primary goal of the coaching relationship is to determine where you are, where you want to go and the fastest way to get there. For example, the fastest way to go from grief to peace. At times your past may come up, but it is not the primary focus.

Regardless how bad you feel right now regarding your divorce, you will not feel this way forever. Think of your divorce as a stepping stone in your life journey to help you grow and develop into the beautiful being you are meant to be. There is no reason that you have to walk along the painful path of your divorce alone.



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### *About Cindy*



Cindy Holbrook is a certified divorce coach supporting women as they traverse the emotional roller-coaster of divorce to heal as they let go of the past and rebuild their life less stress and more clarity and confidence about their future.

Cindy has been the guest of many telesummits and radio shows as well as being a featured guest on Huffington Post Live. Her articles have been published on eHarmony, Huffington Post, Fox Magazine and MSN. She is a regular featured expert on YourTango and DivorcedMoms.

Cindy has helped thousands of women find peace amidst the chaos of divorce. She walks along side of her clients as they rediscover their identity as a single woman and forge ahead in life with a new-found hope and assurance. She draws upon her personal experience of divorcing after being in a mentally abusive marriage for 20 years as well as that of the clients she served while working in social services and in her private practice. Click here to [Read more about Cindy's personal experiences](#)

Responding to so many women grieving the death of their marriage, Cindy created CoachingForDivorcedWomen.com that is jam packed with tips and techniques to educate and empower women during this difficult transition in their life. She provides one-on-one and group coaching as well as other events and other divorce products.

Holbrook is a public speaker and author. She has been interviewed on several radio shows and webinars. She holds degrees in social services and psychology.

If you are ready to explore working with Cindy on a personal or group level:

**[CLICK HERE to Schedule a  
"Getting Unstuck" Session Today](#)**

**[CoachingForDivorcedWomen.com/getting-unstuck](http://CoachingForDivorcedWomen.com/getting-unstuck)**