

## Divorce Decision-Making Questionnaire

Participant Name: \_\_\_\_\_

### How to Use This

- Each partner completes the questionnaire **individually first**.
- Answers should be **honest, not strategic**.
- There are **no right or wrong answers**.
- After individual completion, selected sections are discussed together.
- If you find you are unable to discuss this together, you may need to do that with a counsellor, therapist or mediator.

**Score the following where 10 is on the positive side and 0 is negative: 0 is the lowest possible score, 10 is the best possible score and 5 is somewhere in between.**

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### SECTION 1: CURRENT REALITY OF THE RELATIONSHIP

1. On most days, how emotionally safe do you feel with your partner? (0–10) \_\_\_\_\_
2. How respected do you feel by your partner? (0–10) \_\_\_\_\_
3. How often do you feel heard (understood and you obtained attention) for a high score – and on the negative side feel ignored, dismissed, or minimized? (0–10) \_\_\_\_\_
4. I feel calm and relaxed in our interactions for a high score – or indicative of a low score: I feel I feel anxiety or tension when interacting) (0–10) \_\_\_\_\_
5. When conflict arises, does it usually get resolved (allocate a high score) or for a low score: conflict is avoided or leads to fights and bickering with no resolve (0–10) \_\_\_\_\_

### Reflection

- What is the hardest part of being in this relationship right now? \_\_\_\_\_  
\_\_\_\_\_
- What part, if any, still feels good or stabilizing? \_\_\_\_\_  
\_\_\_\_\_

### SECTION 2: EMOTIONAL CONNECTION & INTIMACY

6. Do you feel emotionally connected to your partner today? (0–10) \_\_\_\_\_
7. Do you feel cared for in the ways that matter most to you? (0–10) \_\_\_\_\_
8. Do you feel able to be your authentic self with your partner? (0–10) \_\_\_\_\_
9. How satisfied are you with physical and emotional intimacy? (0–10) \_\_\_\_\_
10. Do you still experience warmth, affection, or fondness? (0–10) \_\_\_\_\_

**Reflection**

- When was the last time you felt genuinely close? \_\_\_\_\_  
\_\_\_\_\_
- What has changed since then? \_\_\_\_\_  
\_\_\_\_\_

**SECTION 3: TRUST & RELIABILITY**

- 11. Do you trust your partner to be honest with you? (0–10) \_\_\_\_\_
- 12. Do you trust your partner to act in your best interests? (0–10) \_\_\_\_\_
- 13. Do you feel you need to check up on what your partner where others are involved (low score) or do you feel you can rely on your partner to act correctly without checking up. (high score) (0–10) \_\_\_\_\_
- 14. Do you feel emotionally or psychologically safe with your partner? (0–10) \_\_\_\_\_

**Reflection**

- Has trust been broken in this relationship? (Yes/No) \_\_\_\_\_
- If yes: Has it been meaningfully repaired? \_\_\_\_\_  
\_\_\_\_\_
- What would rebuilding trust require? \_\_\_\_\_  
\_\_\_\_\_
- Is that realistically possible for you? \_\_\_\_\_  
\_\_\_\_\_

**SECTION 4: CONFLICT & COMMUNICATION**

- 15. When you raise concerns, are they taken seriously? (0–10) \_\_\_\_\_
- 16. Do arguments get resolved or stay manageable (higher scores) or they tend to escalate and remain unresolved (lower score)? (0–10) \_\_\_\_\_
- 17. Do you both remain respectful and reasonable in conflict (higher score) or do you become emotional and degrading of each other (lower score) (0–10) \_\_\_\_\_
- 18. After conflict, do you feel closer (higher score), unchanged (middle score) or further apart? (lower score) (0–10) \_\_\_\_\_

**Reflection**

- What patterns keep repeating? \_\_\_\_\_  
\_\_\_\_\_
- Conflicts involve uncalled for: Criticism, Defensiveness, Contempt, Belittling, Stonewalling: \_\_\_\_\_  
\_\_\_\_\_
- Have these patterns improved, worsened, or stayed the same? \_\_\_\_\_  
\_\_\_\_\_

**SECTION 5: EFFORT, CHANGE & ACCOUNTABILITY**

- 19. Are **both** partners actively trying to improve the relationship? (0-10) \_\_\_\_\_
- 20. Have promises to change been followed by real action? (0-10) \_\_\_\_\_
- 21. Are old issues still resurfacing unresolved? (0-10) \_\_\_\_\_
- 22. Do you believe meaningful change is still possible? (0-10) \_\_\_\_\_

**Reflection**

- What has already been tried? \_\_\_\_\_  
\_\_\_\_\_
- What hasn't been tried — but realistically could be? \_\_\_\_\_  
\_\_\_\_\_

**SECTION 6: PERSONAL WELL-BEING**

- 23. How has this relationship affected your mental health? If it has Improved – a high score. If there were no change - a mid-score, if it has worsened - a low score. (0-10) \_\_\_\_\_
- 24. Do you feel more like yourself (high score) or less like yourself (low score) since being married? (0-10) \_\_\_\_\_
- 25. Do you feel hopeful, optimistic and positive regarding your relationship (high score) or trapped, resigned, or conflicted (low score)? (0-10) \_\_\_\_\_
- 26. If nothing changed for the next 5 years, would you be psychologically/emotionally OK (higher score), will not affect you much (mid-score) or will you be negatively affected psychologically/emotionally (low score)? (0-10) \_\_\_\_\_

**Reflection**

- What is the emotional cost of staying? \_\_\_\_\_  
\_\_\_\_\_
- What is the emotional cost of leaving? \_\_\_\_\_  
\_\_\_\_\_

**SECTION 7: VALUES, GOALS & FUTURE**

27. Do you share core values (money, family, boundaries, lifestyle)?  
High level of sharing high score, low level poor score. (0–10) \_\_\_\_\_
28. Are your long-term visions compatible? (0–10) \_\_\_\_\_
29. Do you feel like a team when facing life challenges? (0–10) \_\_\_\_\_
30. Can you imagine growing old together with peace? (0–10) \_\_\_\_\_

**Reflection**

- Are differences workable - or deal-breakers? \_\_\_\_\_
  - Are you compromising values or preferences? \_\_\_\_\_
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**SECTION 8: CHILDREN (IF APPLICABLE)**

31. Does the current relationship model a healthy partnership to your children. (0–10) \_\_\_\_\_
32. Are children exposed to a healthy pattern of resolving problems (high score)  
or ongoing conflict or emotional withdrawal (low score) (0–10) \_\_\_\_\_
33. Would staying together be good for the children (higher score) or separating likely  
create a healthier environment (Lower score)? (0–10) \_\_\_\_\_
34. Are your parenting values aligned? (0–10) \_\_\_\_\_
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**MAKING THE DECISION****Reflect on the following**

Are you staying mostly because of:

- Fear of loneliness
- Financial security
- Social pressure
- Guilt
- Hope for change

Are you considering divorce mostly because of:

- Pain
- Exhaustion
- Loss of hope
- Repeated harm
- Emotional disengagement

Answer privately:

35. If you were free of fear, guilt, obligation and if there was no financial lack — what would you choose?

\_\_\_\_\_

36. Do you **want** to stay married, or do you feel you **should stay** married? \_\_\_\_\_

\_\_\_\_\_

37. If your closest friend were in your situation, what would you advise them? \_\_\_\_\_

\_\_\_\_\_

### STEP 1: SCORABLE SECTIONS

After scoring each question, each partner calculates their total score.

Section	Questions	Max Score	Your Score
1. Relationship Reality	1–5	50	
2. Emotional Connection	6–10	50	
3. Trust & Reliability	11–14	40	
4. Conflict & Communication	15–18	40	
5. Effort & Change	19–22	40	
6. Personal Well-Being	23–26	40	
7. Values & Future	27–30	40	
Your Total Score			

**Total Possible Score: 300**

**ZONE 1: HIGH RISK / LOW VIABILITY: 120 and below = 40% and below**

**ZONE 2: UNCERTAIN AND AT RISK: 121 to 178 = 40% to 59%**

**ZONE 3: VIABLE BUT STRAINED: 179 to 208 = 60%to 69%**

**ZONE 4: SOLID BUT MAY NEED SOME WORK: 209 and above = 70% and up**

**Sections 8 (Children) are interpretive, and it is not part of the total score – however it should be considered as a separate section if children are indeed involved. See Next page**

**STEP 2: INDIVIDUAL TOTAL SCORES**

Each partner calculates:

- **Their own total score**
- **Their three lowest-scoring sections List them here**
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- **Any section scored below 20/40 or below 25/50 (including Section 8, the children section if applicable) Low sections matter **more than the total**.**

Sections scoring below 20/40 (those with 4 questions) or 25/50 (those with 5 questions):

Note them here:

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**NB: This questionnaire is not meant to make a final decision regarding divorce or not – it is meant to assist you to evaluate your situation and increase clarity.**