

# 30 Questions to Consider Before Getting a Divorce

YOUR GUIDE →

**BALL  
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LOWE**





## Divorce is a deeply personal and complex decision.

Making this decision can feel overwhelming, but the first step toward clarity is asking the right questions.

We've written 30 questions to review with your spouse before considering divorce. They're designed to help you reflect and understand what's truly best for you, your spouse, and your family.

## Retrospective Questions

1. Have I truly communicated that I'm unhappy? Have I made my concerns clear about the relationship?
2. Did my spouse and I share expectations on the roles we'd play in the relationship?
3. Were we under such severe stress that our relationship was strained to a breaking point?
4. Was the relationship a mistake or have we just run into trouble too challenging for our skill set?
5. Have we sought professional help?
6. Have we exhausted all possible options?
7. What were the best times in our relationship?
8. What conflicts did/didn't we resolve?
9. How is our communication?
10. How do our styles compare and contrast?

## Problem-Solving Questions

11. What are our main issues?
12. Why are they important?
13. What is motivating us to divorce?
14. Do we still have feelings for one another?
15. Is this decision based on emotional reaction or true self-awareness?
16. Are my standards for marriage (and my spouse) unreasonable?
17. Have I looked at my role in our difficulties or made changes to my own behavior?
18. Have I listened too much to other people's opinions/advice?
19. Are we able to regain trust if we choose to pursue reconciliation?

## Future Thinking Questions

- 20. What is my biggest fear in ending the relationship?
- 21. Would I really be happier without my partner?
- 22. How would I avoid making the same mistake(s) in my next relationship?
- 23. If there were a way to save the marriage, would I pursue it? What would that be?
- 24. Is there anything my spouse can say, do or change to make me feel better about being in this marriage?
- 25. What are key reasons we want or don't want to work things out?

## Divorce Questions

- 26. Am I prepared to handle the day-to-day details of living that my spouse took care of?
- 27. Am I prepared for the financial stress following divorce?
- 28. Are we able to act in a mature manner during and after divorce?
- 29. How can the divorce be handled to minimize emotional distress on the children?
- 30. Are we willing to create a new relationship as co-parents?

## Next Steps, When You're Ready

While these answers can help guide your decision, you don't need to decide right now. When you're ready, our family law team is here to answer your questions, walk you through your options, and guide you through next steps.

# BALL MORSE LOWE

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COUNSELORS  
AT LAW

a professional limited  
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You don't have to navigate this alone. Our family law team is here to answer your questions and walk you through every step of the process. Schedule your free consultation today.



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