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# 10 Questions to Ask Yourself Through a Divorce

BY DEBBIE MARTINEZ, DIVORCE COACH



*"The only questions that really matter are the ones you ask yourself."*  
- Ursula Le Guin

**H**AVING BEEN THROUGH A DIVORCE, I KNOW THE ALL-too-familiar feelings of disorganization, helplessness, confusion, and always second guessing yourself. Thoughts can be exhausting when they are all over the place. Here are ten questions that will help you feel more centered.

1. Am I making wise decisions? Are they based on knowledge/facts or are they based on fear and resentment?
2. Am I doing all that I can to keep myself healthy? Physically, mentally, emotionally, and spiritually.
3. Am I keeping things in perspective? Realizing that even though this is a traumatic event in present time, I have the next 20-30 years to live a happy and fulfilling life.
4. Have I consulted all the people I need in order to lay a good foundation for mine and my children's future? Estate and divorce attorney, child therapist, divorce coach, accountant, financial planner, realtor.
5. Am I doing all that I can to help my children in this transition? Taking time to talk, being aware of their feelings, listening to them, keeping traditions, etc.
6. Have I started making a future plan? It is never too early to start looking ahead, i.e. moving, career, reinventing yourself.
7. Did I do all that I could have to save the marriage and am I at peace with my decision to divorce?
8. Have I taken an honest inventory of myself? Things I need to change work on, lessons learned, what I need for my personal/spiritual grown moving forward.
9. Am I asking too much of myself and am I forgiving of myself on days I'm emotionally exhausted? Realizing that the best I can give today might not be the same tomorrow.
10. Even though I might despise my soon to be ex, am I fostering good relations between him/her and our children?

Keeping these questions in the forefront of your mind will not only help you navigate this difficult time in your life but help propel you into your brighter future.

*Debbie Martinez, MA is a certified, mindful life coach specializing in divorce (aka: heart-break coach). She professionally coaches clients on how to avoid the breakup backlash and live better, not bitter. As a Florida Supreme Court Certified Family Mediator trained in collaborative divorce, Debbie gives clients the tools they need to successfully untie the knot and stand strong in the wake of adversity. She brings her formal training and life experience into her coaching practice to empower and educate clients through their divorce journey and onto new beginnings. You can contact Debbie at [debbie@thepowerofdivorcecoach.com](mailto:debbie@thepowerofdivorcecoach.com).*

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