

Weekly Divorce Check In

Overview

Divorce can make time feel distorted—some weeks move fast, others feel heavy and endless. This weekly check-in offers a simple way to pause, notice how you're really doing, and reconnect with your needs without pressure to solve everything at once.

This is not a productivity tool or a progress report. It's a space for awareness, self-compassion, and gentle recalibration as you move through this transition.

Weekly Divorce *Check In*

1. How did divorce show up for me this week? (emotionally, mentally, physically, or logistically)
2. What emotions were most present?
 - ☐ Sadness
 - ☐ Relief
 - ☐ Anger
 - ☐ Guilt
 - ☐ Anxiety
 - ☐ Loneliness
 - ☐ Overwhelmed
 - ☐ Numbness
 - ☐ Hope
 - ☐ Other
3. How was my energy this week?
 - ☐ Very low
 - ☐ Low
 - ☐ Moderate

☐ High

4. What felt especially hard or draining this week?
5. What felt supportive, grounding, or slightly easier this week?
6. Did anything trigger strong emotions this week?
7. One thing I am proud of myself for this week.
8. What do I need more of next week?

☐ Rest

☐ Structure

☐ Emotional support

☐ Boundaries

☐ Space

☐ Connection

☐ Flexibility

☐ Other

9. One gentle intention for the coming week.
10. A reminder I want to carry with me.

Healing isn't linear. Awareness is progress.