

Marriage Changes

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



What changes do you want to make in your marriage?

Will you continue?

Will you end it?

If you continue,

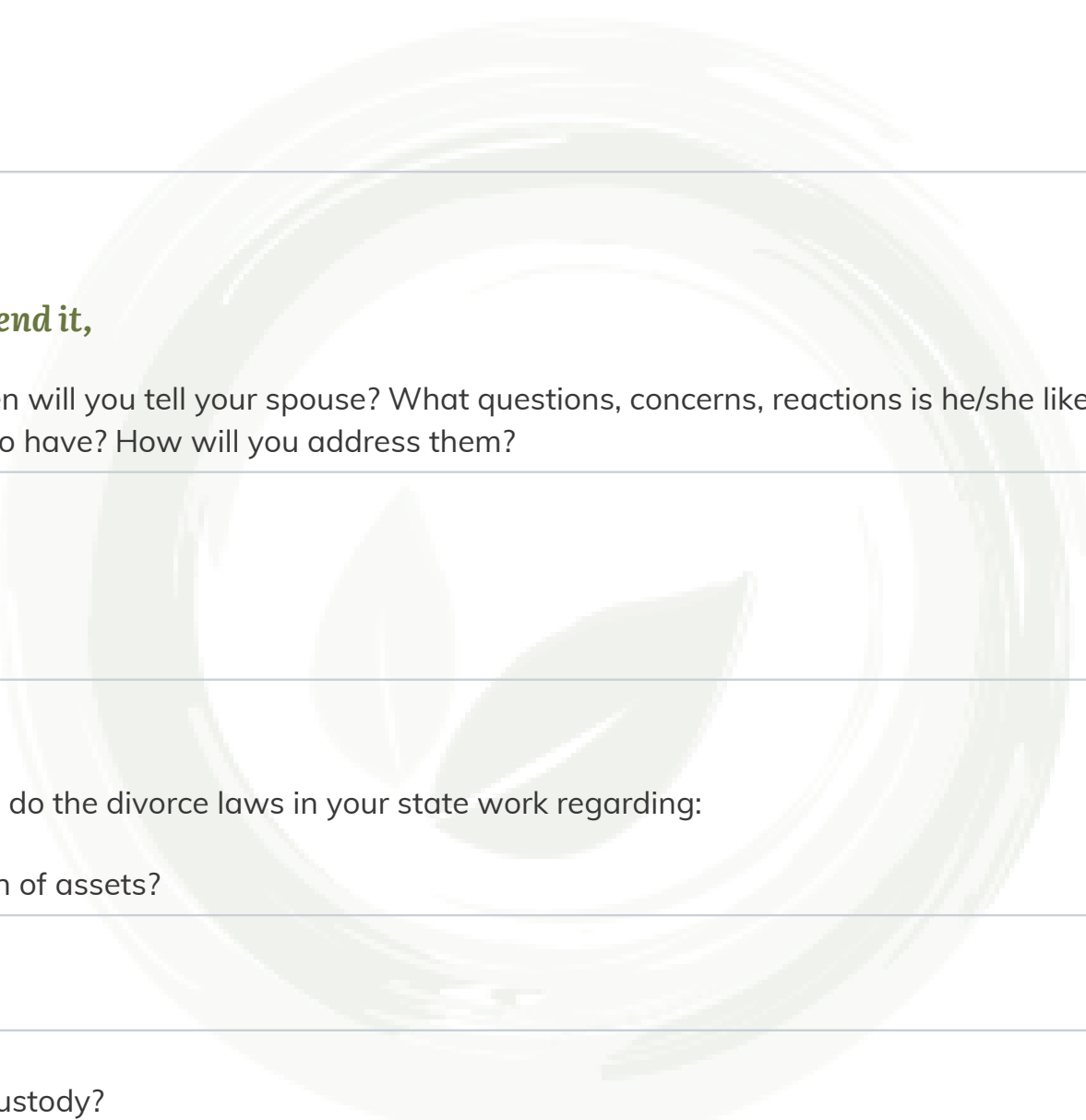
1. What changes do you want to make? Beginning when?

2. What actions of yours will these changes necessitate? When will you take them? Who will support you?

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3. What actions from others will these changes necessitate? When will you request the action? What will you do if the action isn't taken? When will you do this? Who will support you?



If you end it,

1. When will you tell your spouse? What questions, concerns, reactions is he/she likely going to have? How will you address them?

2. How do the divorce laws in your state work regarding:

Division of assets?

Child custody?

Child support?

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Child visitation?

Alimony?

3. When will you begin divorce proceedings? Who will support you with this?

4. What roadblocks (including becoming incredibly loving, understanding and generous) will your spouse throw up? What will you do about each one? Who will support you?

5. How and when will you tell your child(ren)?

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6. When and how will you and your spouse separate? What logistical or monetary breakdowns will this cause? What actions can you take to remedy them? Who can support you?

