

High End Goals for a Peaceful Divorce

Envisioning the Future

In the confusion of a separation or divorce, it is essential to clear some mental and emotional space to consider where you want to end up at the end of the process. That can be hard, especially if it was your partner who is initiating the separation. But, either way, it helps to have the wisdom of both partners in navigating this hard road.

For most people, stress in the divorce process makes it difficult to clearly state their high end goals. Here are some ideas that might jump-start your thinking. Maybe these examples will help you identify what matters most to you. After you have defined your high end goals, prioritize them so you know which are most important and deserve the most careful attention. If children are not involved in your separation, then you can skip to the suggestions on **Finances** and **Personal and Emotional Goals**.

Children

- I want my children to be happy, feel good about themselves, and to be well-adjusted.
- I want us to both provide consistently great care for the children.
- I want our children to experience a “two house happy home” with discipline, expectations, permitted activities, affection, curfews, chores, and bedtimes that are as consistent as possible between our two houses.
- I want to support my co-parent and be supported in turn.
- I want my co-parent to learn better parenting skills.
- I want to better understand what my children are experiencing in this divorce process.
- I want our children to have deep, meaningful time with each of us.
- I want to participate in major decisions concerning our children.
- I want to keep our children out of our conflicts.
- I want our children to talk freely about their experiences.
- I do not want our children to feel stress about the financial uncertainties we are feeling.
- I want our children to have strong relationships with both sides of their family.
- I want our children introduced to our potential new partners with care and intelligence.
- I want our parenting arrangements to be flexible enough to meet our children’s needs.
- I do not want the children to move from their current neighborhood and schools.
- I want our parenting arrangement to make the children’s lives stable, predictable, and familiar.

- I want our parenting arrangement to provide specific time schedules that we both honor.
- I want our children to live near enough to both parents to facilitate easy access.
- I want to meet regularly to talk with the other parent about the children.
- I want to have mutually respectful communication with my co-parent.
- I want both of us to speak respectfully about the other to children.
- I want to participate in major life decisions about our children.
- I want our children to excel academically and attend college.
- I want our children's lifestyle to remain as unchanged as possible after the divorce.
- I want us to share the children's expenses on a mutually fair basis.

Finances

- I want each of us to have enough money to live comfortably.
- I want our respective lifestyles to be comparable.
- I want to begin working and become more self-supporting.
- I want to get some education and start a new career.
- I want to enjoy what I do to earn a living.
- I do not want to consistently work overtime.
- I want more free time.
- I want to get out and stay out of debt.
- I want to have a reasonable, sustainable budget to avoid excessive debt.
- I want to understand investing.
- I want the costs of this divorce kept to a minimum.
- I want to be happy with our divorce financial settlement, and for it to last.
- I want to change careers.

Personal and Emotional Goals

- I want to conduct our divorce negotiation with respect and dignity.

- I want our issues to remain private.
- I want to build a respectful relationship with my partner.
- I want to be manage my emotions effectively.
- I want my partner to be more emotionally stable.
- I want us both to have good relations with our in-laws after the divorce.
- I want us both to keep our mutual friends, and make our separation comfortable for them.
- I want to make amends for the mistakes I have made.
- I want to address my problems, which have contributed to this divorce.
- I want to rebuild trust between me and my partner.
- I want my partner to trust me more.
- I want to behave honorably.
- I want to listen better.
- I want to get the help I need to recover from and be happy following the divorce.
- I want to start healing from this transition.
- I want to be generous.
- I want my partner to recognize that I have been generous.
- I want to speed up the divorce.
- I want to slow down the divorce.
- I want time to process my emotions so we can make good decisions.
- I want to give my partner time to process emotions so we can make good decisions.
- I want us to be able to comfortably attend all our children's future events together.
- I want to look back on this divorce process and say to myself that I behaved honorably.