



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Worksheets

On the following pages you will find interactive version of the worksheets from the Divorce Recovery Ladder Step-By-Step Guide by Susan Shofer, CDC®.

They are designed so that you may fill them in on your computer and/or print a copy for yourself.

◆ Remember the Mantra ◆

One cannot change how another person behaves.

We do have control over our own behaviors.
It is how **YOU** behave that will have the most impact on the outcome of your case.

The contents of this publication are copyrighted and owned by Susan Shofer, Your Divorce & Custody Ally (Baltimore, Maryland).
Any unauthorized reproduction made of this material may result in prosecution of the fullest extent of the law.
All rights reserved.



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Table of Contents

Worksheet	Activities to Help You Stop Thinking About Your Spouse	3
Worksheet	How to Stop Thinking About your (Ex)spouse	4
Worksheet	Enter some of your own ideas for refreshing your space below	5
Worksheet	The Holmes and Rahe Stress Scale	7
Worksheet	Fitness & Wellness Chart	8
Worksheet	How to Develop a Support System	9
Worksheet	Attorney Comparison Guide	10
Worksheet	Document All Contentious Offenses Made by Your Spouse	11
Worksheet	Shelters and Women's Safety Groups	12
Worksheet	Asset List	13
Worksheet	The Five-Day Expense Checklist	15



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Activities to Help You Stop Thinking About Your Spouse

In the boxes below, write activities for each category you want to engage in. Include dates to help you keep and stay on track.

HOBBY	REFRESH MY SPACE	FUN TIME WITH FAMILY/FRIENDS



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

How to Stop Thinking About your (Ex)spouse

1. When you begin to think about your spouse, stop and do something else. It will be difficult at first. Eventually you will find that the stretches of time between the times you think about him/her will be longer and longer until they disappear from your daily thoughts. Find things to do to take care of you. Use the space below to record some alternate activities you can engage in. Some ideas may include a manicure, a pedicure, a massage, jog around the neighborhood each day after work, a haircut/color, a day spa treatment, take a cooking class, a Zumba class or kickboxing. The possibilities are endless!

2. Find a hobby - anything. Maybe you always wanted to take an art or dance class or join an organization as a volunteer. These are great ways to get out of the house, expand your interests and meet people. Pick something you want to do, sign up and do it right away. There are so many organizations that always welcome volunteers. You can find them in community newspapers and the Internet. List a few hobbies, in the allotted space below, and then do them:



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Enter some of your own ideas for refreshing your space below

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Plan a trip with your children, friends, or a travel group. This is a wonderful way to expand your horizons and move into a new life without your (ex)spouse. Jot down some trips you may like to take. They can be daytrips, small weekend getaways or longer fantasy trips. There are so many travel groups for people with like interests that can be obtained by researching on the Internet or through local community centers.

By taking the steps towards a new life, eventually, yours will be full on its own merit and you won't feel the void of not having your (ex)spouse in your life.



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

The Holmes and Rahe Stress Scale

To measure stress according to the Holmes and Rahe Stress Scale, the number of "Life Change Units" that apply to events in the past year of an individual's life are added and the final score will give a rough estimate of how stress affects health.

Life Event	Life Change Units
Death of a spouse	100
Divorce	73
Marital separation	65
Imprisonment	63
Death of a close family member	63
Personal injury or illness	53
Marriage	50
Dismissal from work	47
Marital reconciliation	45
Retirement	45
Change in health of family member	44
Pregnancy	40
Sexual difficulties	39
Gain a new family member	39
Business readjustment	39
Change in financial state	38
Death of a close friend	37
Change to different line of work	36
Change in frequency of arguments	35
Major mortgage	32
Foreclosure of mortgage or loan	30
Change in responsibilities at work	29

Life Event	Life Change Units
Child leaving home	29
Trouble with in-laws	29
Outstanding personal achievement	28
Spouse starts or starts work	26
Beginning or end of school	26
Change in living conditions	25
Revision of personal habits	24
Trouble with boss	23
Change in working hours or conditions	20
Change in residence	20
Change in schools	20
Change in recreation	19
Change in church activities	19
Change in social activities	18
Minor mortgage or loan	17
Change in sleeping habits	16
Change in number of family reunions	15
Change in eating habits	15
Vacation	13
Major holiday	12
Minor violation of law	11

Score of 300+: At risk of illness. | Score of 150-299: Risk of illness is moderate
 Score <150: Only have a slight risk of illness | (reduced by 30% from the above risk).



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Fitness & Wellness Chart

Here is a blank chart for you to chart your fitness. Make copies so that you can keep weekly logs until you have a routine workout schedule.

Day of the Week	Type of Exercise	Duration	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

How to Develop a Support System

1. Choose one or two close people to whom you can confide regarding your situation.

My confidants are: _____

2. Make a pact to check-in each day, with one specific person, if you have an abusive (ex)spouse.

I check-in with _____ every day at _____ AM/PM.

3. Dismiss those people who are not supportive of you.

Move on from _____, _____
_____, _____

Don't waste any time trying to convince people to believe you if you feel that you have been wronged. Only you know your truth.



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Attorney Comparison Guide

Take this chart to your attorney meetings. Then use it to compare attorneys.

Name	Phone number/email	Strengths	Weaknesses



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Document All Contentious Offenses Made by Your Spouse

Offense Date	Offense	Details



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Shelters and Women's Safety Groups

Make sure you know where the women's shelters are in your area. You may never need them, but if you do, the time to fumble around looking for one is not when you are fleeing from your (ex)spouse.

Name	Location	Phone Number

As mentioned in the guide, if your spouse becomes dangerous and follows you while you are in your car, DO NOT try to outrun them. Drive directly to the nearest police station which you can find via your GPS in your car or cell phone. If that is not possible, call 911 for directions.

If your spouse begins to physically harm you, call 911 immediately. Do not fight back.



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Asset List

Before you meet with your attorney, and definitely before an historical analysis, make a list of all your assets.

Item	Value	Notes
Real Estate Property		
Vacation Property		
Car(s)		
Motorcycles		
Jewelry		
Art		
Boat		
Pension		
IRA		
401(k)		
403(b)		
Precious Metals		
Stocks		
Bonds		
Mutual Funds		
Seasons Tickets/Licenses (Baseball, Football, Hockey, Soccer, Basketball, Theater, Ballet, Etc.)		



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Asset List

continued

Item	Value	Notes
Antiques - Furniture, Flatware, Crystal, China, Art		
Insurance Policies (Life, Term, Whole, Annuities)		
Grave Plots		



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

The Five-Day Expense Checklist

Category	Day 1 Amt.	Day 2 Amt.	Day 3 Amt.	Day 4 Amt.	Day 5 Amt.
Rent/Mortgage Payment					
Utilities					
Land line phone					
Internet					
Cell Phone					
Car Payment					
Car Insurance					
Homeowner / Renter Insurance					
Life Insurance					
Health Insurance					
Tuition (for children)					
Babysitters/Daycare					
Lawn Care					



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Category	Day 1 Amt.	Day 2 Amt.	Day 3 Amt.	Day 4 Amt.	Day 5 Amt.
Appliance Repair / Replacement Fund					
Water Bill					
Snow Removal					
Pest Service					
Furniture replacement					
Food					
Gas					
Car repair fund					
Pool Maintenance					
Vacations					
Summer Camp for Children					
Dental Expenses					



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Category	Day 1 Amt.	Day 2 Amt.	Day 3 Amt.	Day 4 Amt.	Day 5 Amt.
Doctor Expenses					
Prescriptions / Over-the-counter medical supplies					
Haircuts					
Clothing Allowance					
Credit Card Expenses					
Taxes					
Others					



Divorce Recovery Ladder Guide

Your Step-By-Step Guide to Successfully Climb Out of Your Divorce

Susan Shofer, CDC® is an author, divorce expert, parental alienation specialist and speaker with many stories to draw upon. She brings a quick wit and humor to her presentations alongside a positive outlook for any situation no matter how bleak it may seem.

As a divorce and custody ally, Susan helped many women and men navigate the troubled waters of family breakup by sharing her own organized and pragmatic approach to the divorce process.

Susan has a master's degree in Business from Johns Hopkins University and a bachelor's degree from the University of Maryland. She has over twenty years' experience as an agency licensed private investigator with emphasis on corporation investigations that included fraud, workers compensation, and insurance liability fraud investigations. Her personal experience and expertise in Parental Alienation as a licensed private investigator gives her a unique ability to instructor attorneys on how to approach and tackle it including how to recognize it early to mitigate it before it starts.

Susan successfully crossed her own highly contentious divorce and post-divorce battle and was triumphant in her fight against Parental Alienation. Despite that long, contentious journey she now has an amicable relationship with her ex-husband. She is a single mother to her two thriving children, both now young adults.

Disclaimer: Susan is not an attorney or a therapist. The information she provides should not be used in lieu of legal counsel and therapeutic treatment, however it may be used in conjunction with those professional services.

For more information, visit <https://www.susanshofer.com>

Facebook: <https://www.facebook.com/divorcerecoveryladder>

Twitter: <https://www.twitter.com/susanshofer>

Instagram: <https://www.instagram.com/susanshofer>

Linkedin: <https://www.linkedin.com/company/susan-shofer-cdc/>

Copyright 2015-2020 | Susan Shofer & Associates
All Rights Reserved