

## IS A COLLABORATIVE DIVORCE RIGHT FOR YOU?

Based on our collective experience, we believe that a Collaborative divorce is by far the best and most successful option for most couples. But you are the best judge of your own goals and situation. Following is a short quiz that will help you determine whether the Collaborative method is your best option. After taking the test, we'll talk about some of the challenges you may face and help you determine whether they can be overcome.

You can take one test and provide a copy for your spouse to take. For each statement, circle the appropriate answer indicating how little or how much you agree. You will learn what each of your answers means later.

	Strongly Disagree	Disagree	Neutral (or doesn't apply)	Agree	Strongly Agree
My ability to achieve a successful outcome in the divorce primarily will depend on the decisions I made during the process	1	2	3	4	5
In order to achieve my most important goals, I am willing to let go of some smaller, short-term issues, even though it may be very hard to do so	1	2	3	4	5
I am capable of making the emotional commitment necessary to achieve the best possible outcome	1	2	3	4	5
I am not afraid or intimidated by my spouse	1	2	3	4	5
I am willing to try to see things from my spouse's point of view in order to help achieve the best possible outcome	1	2	3	4	5
I believe it is possible for my spouse and me to restore enough trust in each other to achieve a successful outcome	1	2	3	4	5
I am willing to commit myself fully to resolving the issues through the Collaborative process by working toward common interests rather than simply arguing in favor of my positions	1	2	3	4	5
It is important to me that my spouse and I maintain a respectful and effective relationship after the divorce	1	2	3	4	5
I have accepted the fact that this divorce is going to happen	1	2	3	4	5
I believe that it is very important that our children maintain a strong, healthy relationship with both parents	1	2	3	4	5

### ***Interpreting Your Test Results***

Once you have written down your answers, add up your score. If your total is higher than 40, there is a good chance that the Collaborative process is a good fit for you. Assuming your spouse is also a good candidate (he or she should take the quiz separately), your chances for a successful outcome are very high.

If your total is between 30 and 40, you are still a good candidate for the Collaborative process.

If your total is between 20 and 30, you're borderline. The Collaborative process may work for you, but you will have to do a lot of prep work to get there. Carefully study the challenges identified by your 1 and 2 answers, and consider what you need to do to become better prepared. You also might want to consider postponing the divorce, if possible, until you are ready to work toward the best possible outcome.

If your total is below 20, it is very likely that you will become frustrated with the Collaborative process. And there is a good chance you will find the alternatives equally frustrating. While it is still possible to succeed in the Collaborative process by resolving your case out of court, unless you make some significant changes in your perspective, you won't come through the Collaborative process feeling as if you have achieved your most important goals.

From: [The Collaborative Way to Divorce](#), by Stuart G. Webb and Ronald D. Ousky.

For more information on the test, see Chapter 2.

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