

# Priorities

Use this checklist to figure out what is important to you. Low/Medium/High

- \_\_\_\_\_ Child Custody
- \_\_\_\_\_ Staying in the house
- \_\_\_\_\_ Income security
- \_\_\_\_\_ Co-parenting Cooperatively
- \_\_\_\_\_ Having control over my life
- \_\_\_\_\_ Maintaining my sanity
- \_\_\_\_\_ Maintaining healthy relationships with the children
- \_\_\_\_\_ Being a good parent
- \_\_\_\_\_ Figuring out what went wrong
- \_\_\_\_\_ Assigning blame
- \_\_\_\_\_ Making the other man/woman pay
- \_\_\_\_\_ Getting revenge
- \_\_\_\_\_ Getting to know more about the Homewrecker
- \_\_\_\_\_ Providing for the children
- \_\_\_\_\_ Avoiding crazy legal and court fees
- \_\_\_\_\_ Making sure the children's best interests are addressed
- \_\_\_\_\_ Providing self care and healing
- \_\_\_\_\_ Getting an apology
- \_\_\_\_\_ Explaining to friends and family
- \_\_\_\_\_ Develop skills for dealing with Lousy
- \_\_\_\_\_ Plan retirement
- \_\_\_\_\_ Mourn lost dreams and false promises
- \_\_\_\_\_ Moving on
- \_\_\_\_\_ Developing a new skill
- \_\_\_\_\_ Getting a new job
- \_\_\_\_\_ Organizing a visitation schedule
- \_\_\_\_\_ Minimizing turbulence for the children
- \_\_\_\_\_ Finding peace and closure
- \_\_\_\_\_ Avoid embarrassment
- \_\_\_\_\_ Deal with humiliation
- \_\_\_\_\_ Get over this as soon as possible
- \_\_\_\_\_ Say your piece
- \_\_\_\_\_ Start dating again
- \_\_\_\_\_ Rebuilding Trust
- \_\_\_\_\_ Reinventing yourself
- \_\_\_\_\_ A fresh start