



Relationship Vision Quiz

You may be starting to have an idea about the kind of new relationship you intend with your Ex. From here, it's time to get more specific with your vision. To get your wheels turning, start by considering the questions below.

Choose as many answers as apply for each question and/or write in your own.

1. What kind of relationship would work best for my life?

- a) I will always consider my Ex to be part of my extended family.
- b) I want to keep a post-divorce friendship with my Ex.
- c) I intend to maintain a collaborative co-parenting partnership with my Ex.
- d) Being civil with my Ex is enough for me.
- e) I will rarely or never be in contact with my Ex.
- f) Other: _____

2. How do I want feel inside myself when it comes to my Ex?

- a. Completely Neutral.
- b. Peaceful and Relaxed.
- c. Friendly Equanimity.
- d. Grateful and Open-Hearted. Or
- e. Other: _____

3. What's at stake?

- a. My kids are still minors and a good working relationship between my Ex and me is extremely important to the well-being of everyone involved.
- b. My kids are grown and out of the house and a good relationship will be emotionally healthy for me and make things easier and more pleasant for everyone involved.
- c. Kids are not an issue but feeling goodwill toward my Ex will be emotionally healthy for me.
- d. Kids are not an issue but feeling neutral toward my Ex is a big step up and will be emotionally healthy for me.
- e. Other: _____

Take the quiz and use your answers to get clear on what's important to you. Once you're clear on what you want, you can more easily and effectively move toward it.

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Ideal Scene Writing Guidelines/Examples

An Ideal Scene is a great tool for getting your vision down on paper so you can see it. Your Ideal Scene should be specific and use energizing, positive language that inspires you. It should also be written in the present tense, as if it were happening right now. Make it 50 percent believable and don't include outcomes that depend on others to come to fruition.



Here are a few examples:

Example 1: Not Believable I am pleased that my Ex has completely stopped lashing out at me.

Example 1: 50% Believable I am peaceful inside myself when my Ex lashes out because I know that it's not really about me and I non-judgmentally and compassionately observe that, right now, he's unaware of his own unresolved issues.

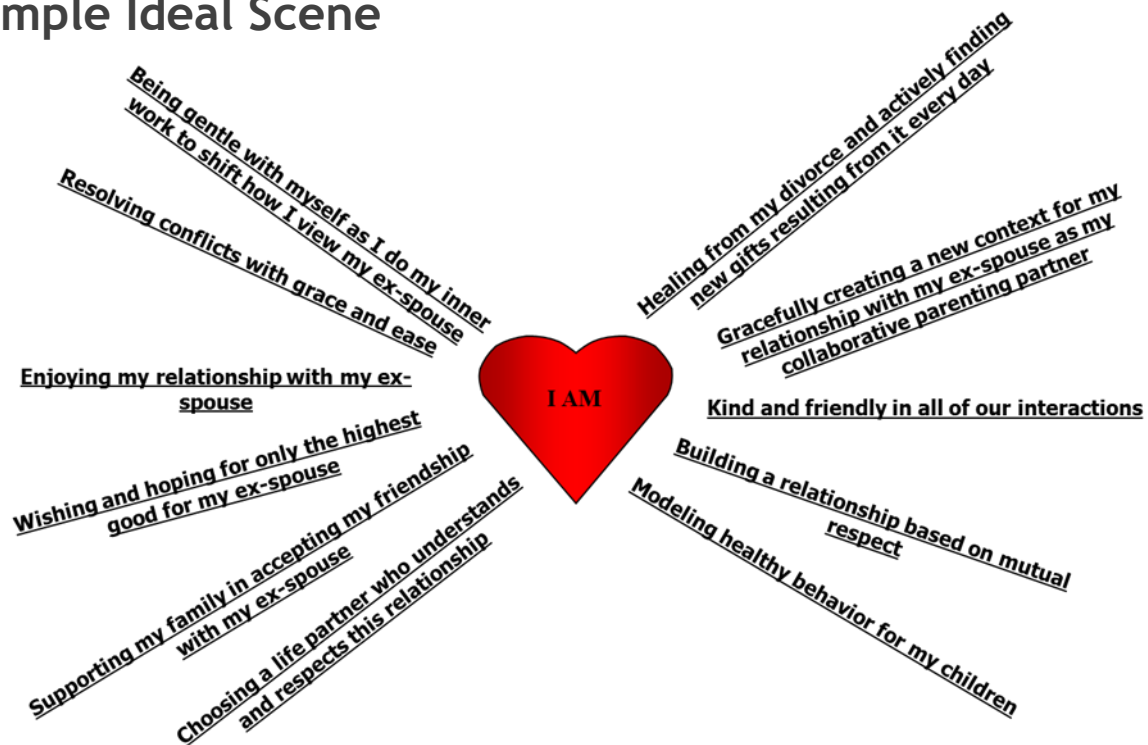
Example 2: Not Believable I am happy that my Ex realized her big mistake in leaving me.

Example 2: 50% Believable I accept my Ex's decision to leave our marriage and I've found the strength of heart to uncover the gifts and blessings of the past and take them into my future.

And, Example 3: Not Believable I am enjoying more attention from my friends who are working hard to cheer me up.

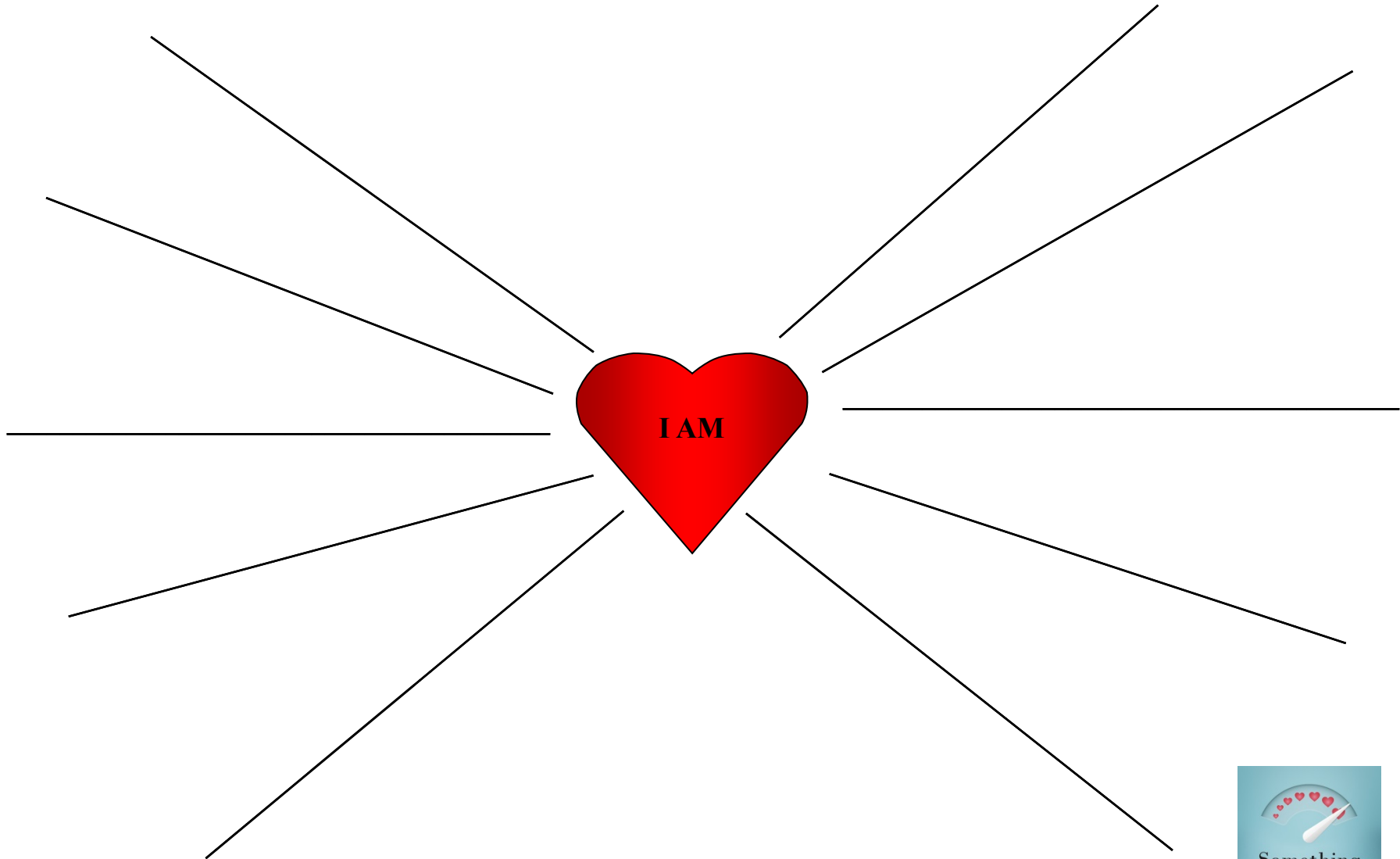
Example 3: 50% Believable I am loving the results of my strong intention to care for myself while I recover from my divorce and am finding great joy in making time every week to do things I love to do.

Sample Ideal Scene



Ideal Scene:

Name:



◆THIS OR SOMETHING BETTER FOR THE HIGHEST GOOD OF ALL CONCERNED◆

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