



When Divorce Feels Overwhelming

A Next Steps Worksheet

A short guide to help you pause, organise your thoughts and work out what needs to happen next.

Divorce and separation can make even simple tasks feel difficult. This worksheet is not legal advice, and it is not a replacement for support from your solicitor, therapist, IDVA, financial adviser or other professional. It is simply a way to slow things down and make the next step feel more manageable.

You do not need to complete every section. Start with the part that feels most useful today.

1. What feels most overwhelming right now?

Tick anything that applies.

- | | |
|---|---|
| ☐ Emails or communication with my lawyer | ☐ Messages from my ex-partner |
| ☐ Form E / financial disclosure | ☐ Gathering documents |
| ☐ Money worries | ☐ Housing / mortgage / rent |
| ☐ Decisions about children | ☐ Court or mediation |
| ☐ Preparing a statement | ☐ Feeling unsafe |
| ☐ Too many professionals involved | ☐ Not knowing what to do first |

Other:

2. Is it urgent, important, or emotionally loud?

Sometimes everything feels urgent during divorce. It can help to separate what needs action from what feels frightening, painful or unresolved.

Urgent

Something needs action soon because there is a deadline, risk, safety concern or decision needed. What feels urgent?

Important

Something matters, but may not need to be dealt with today. What feels important?

Emotionally loud

Something feels very painful, frightening or hard to stop thinking about, but I may need help working out what action, if any, it needs. What feels emotionally loud?

3. What does my lawyer need from me?

Before sending a long email, try to answer these questions.

What happened?

When did it happen?

What evidence, document or message do I have, if any?

What do I need my lawyer to do with this information?

- ☐ For information only
- ☐ I need advice
- ☐ I need them to reply to the other side
- ☐ I need help understanding something
- ☐ I am not sure

My main question is:

4. Planning one clear email

Subject line:

Main point I need to communicate:

My question:

Documents attached:

Is there a deadline or urgency?

Anything I need help understanding:

5. If I have gone quiet

If you have stopped replying or avoided a task, you do not need to wait until everything is sorted before getting back in touch.

You could send something simple, such as:

"I haven't ignored this, but I'm overwhelmed and struggling to start. Could we break down what is needed first?"

"I'm finding the document gathering difficult. Could you confirm the most urgent three things you need from me?"

"I need help understanding what this means before I can respond properly."

6. What kind of support do I need?

Tick anything that may help.

- ☐ Legal advice from my solicitor
- ☐ Emotional support from a therapist or counsellor
- ☐ Domestic abuse support / IDVA support
- ☐ Financial advice
- ☐ Help organising documents
- ☐ Help preparing for a solicitor meeting
- ☐ Help understanding the next practical steps
- ☐ Support with communication or overwhelm
- ☐ Someone to sit with me while I complete a task

Other:

7. My next manageable step

Try to choose one small step, not the whole mountain.

My next step is:

When will I do it?

What might make it easier?

Who, if anyone, do I need to ask for help?

Remember: needing support does not mean you are doing divorce badly. It often means the process is asking a lot of you, and you are trying to find a steadier way through it.

DC² Divorce Coaching