



## 3.5 Am I Ready for this Conversation Test

Are you ready to start working things out with your former spouse? Completing this test will give you a good idea about where you stand. In the first section, consider each statement and then select how much you agree with each of the statements below.

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I can't stand to look at my former spouse. I'm so upset.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'll probably start crying/yelling if I have this conversation right now.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm having trouble thinking clearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm so nervous/anxious. I can't communicate clearly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel physically unwell	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**What am I feeling?**

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**What can I do to feel better?**

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If you scored high on these questions, or are feeling unwell, you are not ready to have a conversation with your former spouse. That's OK. Right now, your main job is not to work out an agreement, but to heal. You should focus on feeling better, rather than on the stress of making decisions about key separation issues. Refer back to [3.1- Managing your Emotions](#) to brainstorm ways to feel better.