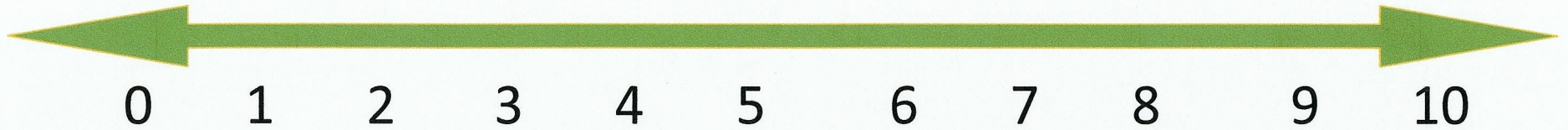
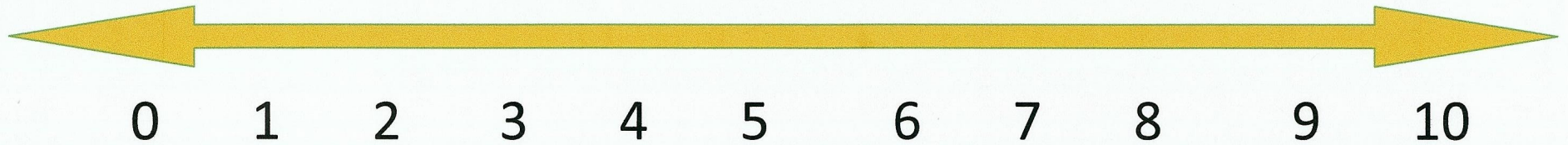


# DIVORCE READINESS SCALE

Self:



Spouse/Partner:



"I can't believe  
this is  
happening."

Shocked  
Confused  
Anger  
Disbelief  
Sad  
Hurt

Anxious  
Ambivalent  
Sad  
Transitioning

Sad  
Resigned  
Accepting  
Relieved  
Ready  
Done  
Anticipatory

"Where do I  
sign?"

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Spouse/Partner: \_\_\_\_\_