Post-Separation Experiences

Purpose

Reflect on continuing unwanted control after separation.

How to use this worksheet

1. Read the information and prompts at your own pace.
2. Respond only to what feels comfortable; you may skip any part.
3. Pause whenever you need to.

Reflection prompts

What occurred?

What area of my life was affected?

Was the interaction related to parenting, finances, communication, or legal processes?

Educational resource developed for Soteldo Psychotherapy Clinic. This worksheet is not a diagnostic instrument, formal risk assessment, legal opinion, or substitute for individualized professional advice.

Reflection prompts — continued

How did it affect my daily functioning?

What professional support might be useful?

References

Concepts informed by:

Department of Justice Canada. (2021). The Divorce Act changes explained. https://canada.justice.gc.ca/eng/fl-df/cfl-mdf/dace-clde/index.html

Ontario Association for Family Mediation. (n.d.). HELP-M Toolkit: Identifying and responding to family violence and power imbalances in mediative approaches. https://www.oafm.on.ca/help-m-toolkit/

Reflection questions and worksheet layout are original clinic educational content.

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