

# GARIN DOUGLAS VICK, PSY.D.

## CLINICAL & FORENSIC PSYCHOLOGY

FAMILY FOCUSED



### Our Divorce Mission Statement

*At the end of my divorce, I want the following values and goals to be true:*

**The following is a sample of what a divorce mission statement may look like. It is only intended to be a guide. Please write your divorce mission statement based on your values and goals.**

#### HONESTY

- I conducted myself in a manner that was consistent with my values and in a way that was meaningful to me.
- I was honest throughout the entire process and didn't hide anything from my former spouse.
- My son, daughter, or children understands and is reminded that our divorce is not his/her/their faults.

#### RESPONSIBILITY

##### Wife or Husband

- I value my son, daughter, children first, my former spouse second, and agree to leave my respective family to their place outside of our divorce.
- My son, daughter or children will have two supportive parents.
- I am committed to being a supportive parent with my former spouse and agree to \_\_\_time-sharing, co-parenting, and being flexible to adapt to what is best for son, daughter, or children as his/her needs change.
- To the best of my ability, I will provide my son, daughter, or children with a consistent and stable experience.

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- My son, daughter, or children understands and is reminded that the divorce is not his/her fault.
- I nor my former spouse will have to worry about being solely financially responsible for son, daughter, or children.

### Personal

- I balanced my emotions with logic and made the best decisions out of both.
- Our financial responsibility was divided fairly.
- I helped my former spouse to become as financially stable as possible.
- I did not have to go to court to settle our divorce.
- We spent as little money as possible on our divorce, preserving assets to be split between us versus paying attorneys.

### RESPECT

- I respected and valued myself through the process.
- I treated my former spouse with respect through the process.
- I will be respectful, friendly, cordial and civil toward my former spouse after the divorce.
- In time, I would like to leave open the possibility of having a friendship with my former spouse.

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### KINDNESS

- To the best of my ability, I was kind throughout the entire process.

### ENGAGEMENT

- I was actively engaged in the divorce process and was able to successfully manage my fear, anger, and pain to conduct myself in a manner that was consistent with my values.
- I will choose to temporarily remove distractions (i.e., phones, TV, computer, etc.) that may hinder conversations.

### MOVING FORWARD

- To the best of my ability, I realize my marriage was not a complete mistake and value the years I was with my former spouse.
- I am committed to being cooperative and respectful when my former spouse engages with the world as a single person (dating, working, making new friends, etc.).
- I took responsibility for any feelings of abandonment, rejection, fear, anger, grief, and guilt I had, without blaming or shaming my former spouse.
- I will support my former spouse by providing them with the space to heal and, to the best of my ability, be open to provide support as needed.
- We each kept our retirement assets.

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I will make sure that the above statements are realized by doing the following:  
I will take care of myself physically and emotionally.  
I will seek out new social support.  
I will put my son, daughter, or children's best interests above my own.  
I will not consider divorce as something that I need to recover from; rather something I can heal through.  
I will ask for advice from people who are a positive influence for me and weigh that advice with respect to my values.  
I will focus on moving forward rather than getting bogged down in the past.  
I will accept situations rather than manipulate outcomes.  
I will focus on what is important, both short term and long term.  
I will use written goals to track my progress.  
I will not use my divorce to punish myself or my former spouse.  
I will take actions to prepare myself financially so that fear does not have a place to grow.

Spouse's Signature

Date

Spouse's Signature

Date

*Dr. Vick*

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