

Is a Collaborative Divorce Right for You?

	Strongly Disagree	Disagree	Neutral (or doesn't apply)	Agree	Strongly Agree
My ability to achieve a successful outcome in the divorce primarily will depend on the decisions I make during the process	1	2	3	4	5
In order to achieve my most important goals, I am willing to let go of some smaller, short-term issues, even though it may be very hard to do so	1	2	3	4	5
I am capable of making the emotional commitment necessary to achieve the best possible outcome	1	2	3	4	5
I am not afraid of or intimidated by my spouse	1	2	3	4	5
I am willing to try to see things from my spouse's point of view in order to help achieve the best possible outcome	1	2	3	4	5
I believe it is possible for my spouse and me to restore enough trust in each other to achieve a successful outcome	1	2	3	4	5
I am willing to commit myself fully to resolving the issues through the Collaborative process by working toward common interests rather than simply arguing in favor of my positions	1	2	3	4	5

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It is important to me that my spouse and I maintain a respectful and effective relationship after the divorce	1	2	3	4	5
I have accepted the fact that this divorce is going to happen	1	2	3	4	5
I believe that it is very important that our children maintain a strong, healthy relationship with both parents	1	2	3	4	5

Interpreting Your Test Results

Once you've written down your answers, add up your score. If your total is higher than 40, there's a very good chance that the Collaborative process is a good fit for you. Assuming your spouse is also a good candidate (he or she should take the quiz separately), your chances for successful outcome are very high. Reading the remainder of this chapter will help you identify and reinforce your strengths and shore up your weaknesses (any are in which you scored a 1 or 2 is a potential challenge and is worth examining).

If your total is between 30 and 40, you're still a good candidate for the collaborative process. Be sure to read the rest of this chapter, focusing especially on your 1s and 2s.

If your total is between 20 and 30, you're borderline. The Collaborative process may work for you, but you'll have to do a lot of prep work to get there. Carefully study the challenges identified by your 1 and 2 answers, and consider what you need to do to become better prepared. You also might want to consider postponing the divorce, if possible, until you're ready to work toward the best possible outcome.

If your total is below 20, it's very likely that you'll become frustrated with the Collaborative process. And there's a good chance you'll find the alternatives equally frustrating. While it's still possible to succeed in the Collaborative process by resolving your case out of court, unless you make some significant changes in your perspective, you won't come through the Collaborative process feeling as if you've achieved your most important goals.

Putting Your Test Results in Perspective

Of course this test is simply a tool used to help identify challenges inherent in the Collaborative process, and help you to determine whether you are willing to meet them. Certainly, there are some circumstances, such as abuse or addiction, that may make collaboration impossible, regardless of how you scored on other aspects of the test. Regardless of your individual results, we urge you to read the rest of this chapter, paying particular attention to the areas where you indicated disagreement. Each statement is explored on its own.