

***When Happily Ever After Ends:  
How to Survive Your Divorce Emotionally, Financially and Legally***

**SAMPLE LIST OF NEEDS**

**Your Needs**

- 1. Financial Needs**
  - a. Monthly Income**
  - b. Monthly Expenses**
  - c. Money in the Bank**
  
- 2. Physical Needs**
  - a. Home**
  - b. Food**
  - c. Clothing**
  - d. Exercise**
  - e. Sleep**
  
- 3. Social Needs**
  - a. Time with the kids**
  - b. Time without the kids**
  - c. Time with your friends**
  - d. Time to date again**
  
- 4. Emotional/Psychological needs**
  - a. Therapy**
  - b. Time alone**
  - c. Other needs**

**Your Spouse's Needs**

- 1. Financial Needs**
  - a. Monthly Income**
  - b. Monthly Expenses**
  - c. Money in the Bank**
  
- 2. Physical Needs**
  - a. Home**
  - b. Food**
  - c. Clothing**

- d. Exercise
- e. Sleep

3. **Social Needs**
  - a. Time with the kids
  - b. Time without the kids
  - c. Time with your friends
  - d. Time to date again
4. **Emotional/Psychological needs**
  - a. Therapy
  - b. Time alone
  - c. Other needs

### **Your Childrens' Needs**

1. **Physical Needs**
  - a. Home
  - b. Food
  - c. Clothing
  - d. Exercise
  - e. Sleep
2. **Educational Needs**
  - a. Tuition Paid
  - b. Books/fees/etc/
  - c. Extra-curricular activities
  - d. Special educational needs
3. **Social Needs**
  - a. Time with mom
  - b. Time with dad
  - c. Time with their friends
  - d. Time to participate in their extracurricular activities
4. **Emotional/Psychological needs**
  - a. Time alone
  - b. Ability to talk to someone
  - c. Other needs