



Trial Separation Checklist

- Do you have a trial separation START DATE?
- Do you have a trial separation END DATE?
- Are the rules of your trial separation IN WRITING?
- Do you have goals for your Trial separation?
- Have you agreed on who is moving out?
- Have you agreed as to whether both of you can come into your former marital home during the separation?
- Have you agreed on who will pay which bills during the separation?
- Have you agreed on the spending rules you will follow during your trial separation?
- Will either of you give the other any cash during the trial separation?
If so, have you clearly established who will give money, who will receive money, how much is given, and on what date each month is it given?
- Have you agreed to share financial information with each other during the trial separation?
- Have you agreed on how you will do that?
- Have you agreed to maintain the financial status quo during your trial separation (i.e. you each keep your finances exactly as they are right now?)

- Have you agreed to keep the same passwords on all financial accounts while you're separated?
- Have you clearly set forth how (and how often) you will/can communicate with each other during the separation?
- Will you both go to marriage counseling while you are separated? If so, have you agreed on how often you will go and who your counselor will be?
- Is either person's attending individual therapy, anger management, Alcoholics Anonymous meetings or any other kind of program required during the separation?
- Have you agreed on what (if anything) you will tell others about your situation while you're separated?
- Have you written your "elevator speech" (i.e. what will you say to others about your situation when they ask)?
- Have you clearly set forth the rules around dating each other AND other people during your trial separation?
- Have you clearly set forth the rules around sex with each other AND other people during your trial separation?
- Have you agreed on what you will tell your kids about your separation?
- Have you agreed on how, when and where you will tell your kids about your separation?

- Have you discussed whether either of you can introduce the kids to a new romantic partner while you're separated?
- Have you figured out when each of you will see the kids while you're separated?
- Does your time schedule with the kids include weekends and holidays?
- Have you agreed on who will get the kids to/from school and their activities while you're separated?
- Have you established a clear, simple communication method you can use to talk about the kids while you're separated (e.g. a Shared Google Doc or a Parenting App)
- Have you agreed on how you and your spouse will make decisions about your kids while you're separated?
- Have you clearly set forth the information about your kids that each of you will communicate to the other while you're separated.
- Have you discussed what will happen if one of you breaks any of these rules?