



Take Heart

Divorce and Separated Support Group

In-Depth Form

Write one or two sentences for each of the following questions, and then share your answers with the group at the check-in time. You'll have approximately 10 to 12 minutes to review and elaborate on your answers.

1. What is your current situation, and what are your primary concerns and needs?
2. What significant changes or events have recently taken place?
3. What is currently going well for you?
4. What is currently not going well?
5. What are you doing to address or navigate the most overwhelming and current challenges?
6. How can the group help you today?