

5 Steps to Write Your Divorce Story

By Dr. Stephanie Han

1. Write your thesis.

Your thesis answers this question in 1-2 sentences: Why are you divorcing?

2. Describe the early days of your relationship.

What were you like when you met?

3. Discuss your family of origin.

Describe your home life as a young person, and the cultural background that formed your emotional and social outlook.

4. Detail your life together.

This will be the bulk of your evidence to support your thesis. You will create brief paragraphs that talk about the specifics of your life together. Use headings and subheadings to anchor your descriptions of moments, observations, patterns, or events. Write what happened and how you felt about what happened.

Describe what happened. Then, describe what you felt about what happened.

5. Write about your financial life together.

Write down your salaries, debts, purchases, payments. Remember that divorce is the dissolution of a business agreement.

For an article that further details how to write your divorce story, as well as numerous stories on the divorce process, go to [Scarlet Society](#)!

