

Are You Separation Ready?

A strategic self-check for individuals — and the professionals who support them

Why This Diagnostic Exists

Separation readiness isn't a legal phrase — it's a survival one.

Many people think about leaving but don't know if they're ready. Acting too soon can escalate cost and conflict; waiting too long can cause drift and damage.

This diagnostic helps you — and any professional supporting you — to recognise where you stand, document your position, and decide what support might be needed.

There's no pressure here. Just insight.

You can complete this alone or with a professional. Many bring this tool to their lawyer, therapist, or HR adviser as a calm first step.

Part 1: Separation Readiness Questions

Dimension 1: Emotional Readiness

No.	Reflection Questions	Result
1	I often think about separation at night but tell no one.	
2	I feel paralysed — ashamed to stay, but scared to leave.	
3	I avoid raising my needs with my partner because it escalates.	
4	I feel emotionally drained and can't see a clear next step.	
5	I am worried about the effect on my children, but haven't explored what support they would need.	

Dimension 2: Legal & Strategic Readiness

No.	Reflection Questions	Result
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Separation Readiness Diagnostic Analysis



6	I don't know what mediation really involves or costs.	
7	I haven't mapped what parenting integrity would mean in practice.	
8	I'm not clear on my legal rights or responsibilities.	
9	I haven't spoken to a lawyer or mediator — I don't know where to start.	
10	I am unsure how waiting versus acting might affect outcomes.	

Dimension 3: Financial Readiness

No.	Reflection Questions	Result
11	I don't know where all our money goes each month.	
12	I don't know which assets are joint versus personal.	
13	I'm not sure how I'd cover housing, bills, or children's needs short-term.	
14	I haven't mapped what separation would cost me personally.	
15	I have no budget or plan for financial survival after separation.	

Your score: ___ / 15

Separation Readiness Diagnostic Analysis



Part 2: What Might Be Going On

Score Range	Phase	How It Looks Now
0-5	Early Questions	You may just be exploring separation in thought. This is the safest time to seek calm information and prevent mistakes.
6-10	Confusion Zone	You are likely experiencing real conflict or uncertainty. This is where costly errors often happen without strategy.
11-15	Critical Readiness	You are carrying the weight of separation without clarity. Legal, financial, and emotional risks are high unless contained.

Part 3: What That Score Means

Score Range	What You Might Need
0-5	Clarity. Begin with the Separation Readiness Consult to explore your position calmly, without commitment.
6-10	Support. Use tools like the Decision Compass™ or Collapse Map™ to stabilise before taking action.
11-15	Strategy. You may need legal positioning, financial mapping, and emotional containment to prevent escalation. Tools like the Mediation Playbook™ or Rebuild Framework™ become essential.

Part 4: Your Next Step

Anchor and Light supports individuals at the very first stage — before court, before lawyers, before mistakes.

Separation Readiness Diagnostic Analysis



If this diagnostic felt true:

- Save or print this document
- Share it with your lawyer, therapist, or HR adviser
- Book a free 30-minute Clarity Call to safely explore your position

 DM us "Readiness" or visit: www.anchorandlight.life

Professional Usage Note

This resource is designed to support clarity and emotional steadiness during periods of transition. It does not constitute legal, clinical, financial, or therapeutic advice.

Please consult a qualified professional for advice specific to your circumstances.

This document may be distributed internally by therapists, lawyers, or HR professionals as a support resource. It is not a legal brief or clinical protocol.