

Are You Ready to Serve?

Progress since my divorce

You've found help through DivorceCare, and maybe you're thinking about helping others by volunteering with a group. This is wonderful, and giving back is an important part of your healing process. But before you jump in, it's important to make sure the time is right for you. There's no need to rush if you still have more healing to do first.

This assessment will help you recognize your progress and determine whether you're ready to serve on a DivorceCare team.

Directions

Use the number scale to gauge how you've changed since your divorce. Circle the number that best represents that. If an item does not apply, score it 0. Total your scores. When you are finished, talk through your answers with your leader or pastor. **Your leader/pastor will have the final say as to whether the time is right for you to serve.**

1. My negative attitude

Compared to the early days of your breakup, what is true of you now?

Sign of healing	Not true of me			Consistently true of me		
A. I am able to avoid nagging, negative thoughts about my former spouse.	0	1	2	3	4	5
B. I do not wish hardships upon my former spouse.	0	1	2	3	4	5
C. I pray for my former spouse's welfare.	0	1	2	3	4	5
D. I am happy for my former spouse when he/she experiences something positive.	0	1	2	3	4	5
E. I've forgiven my former spouse.	0	1	2	3	4	5

Score: _____

2. My sadness/grief

Compared to the early days of your breakup, what is true of you now?

Sign of healing	Not true of me			Consistently true of me		
A. I am less consumed with thoughts about the loss of my marriage each day.	0	1	2	3	4	5
B. I do not need to talk as much about my divorce as I once did.	0	1	2	3	4	5
C. I am able to enjoy myself in activities I used to do with my former spouse.	0	1	2	3	4	5
D. I am comfortable no longer being a spouse.	0	1	2	3	4	5
E. I can be excited about new goals for the future.	0	1	2	3	4	5

Score: _____

3. My loneliness

Compared to the early days of your breakup, what is true of you now?

Sign of healing	Not true of me			Consistently true of me		
A. I am able to spend time alone without too much distress.	0	1	2	3	4	5
B. I feel closer to the Lord.	0	1	2	3	4	5
C. I can use my time productively when I'm by myself.	0	1	2	3	4	5
D. I spend less than an hour per day on personal social media when I feel lonely.	0	1	2	3	4	5
E. I make myself available for new friendships.	0	1	2	3	4	5

Score: _____

4. My fears and worries

Compared to the early days of your breakup, what is true of you now?

Sign of healing	Not true of me			Consistently true of me		
A. I am not overwhelmed with worries about necessities like housing, food, etc.	0	1	2	3	4	5
B. I trust the Lord with my future.	0	1	2	3	4	5

Sign of healing	Not true of me			Consistently true of me		
C. I cast my concerns to the Lord in prayer when they arise.	0	1	2	3	4	5
D. I have people who can help me with practical needs.	0	1	2	3	4	5
E. I have people I can talk to about worrisome thoughts.	0	1	2	3	4	5
F. I'm exploring new foods, new places, or new activities.	0	1	2	3	4	5

Score: _____

5. My friends and extended family

Compared to the early days of your breakup, what is true of you now?

Sign of healing	Not true of me			Consistently true of me		
A. I'm patient with people who are awkward around me since my divorce.	0	1	2	3	4	5
B. I accept that some friendships might fade because of my divorce.	0	1	2	3	4	5
C. I can ask for help from friends and family members, but I'm not dependent on them.	0	1	2	3	4	5
D. I spend quality time with friends and family members.	0	1	2	3	4	5
E. I help my friends and family members in need as I have the opportunity.	0	1	2	3	4	5

Score: _____

6. My new weekly routine

Compared to the early days of your breakup, what is true of you now?

Sign of healing	Not true of me			Consistently true of me		
A. I avoid unhealthy, excessive behaviors (eating too much, spending too much, etc.).	0	1	2	3	4	5
B. I eat nutritionally balanced meals.	0	1	2	3	4	5

Sign of healing	Not true of me			Consistently true of me		
C. I get a restful night's sleep of 7–8 hours more often than not.	0	1	2	3	4	5
D. I am willing to learn new skills to make my life run more smoothly.	0	1	2	3	4	5
E. I attend church weekly for worship.	0	1	2	3	4	5
F. I read the Bible so I can grow in a relationship with God.	0	1	2	3	4	5

Score: _____

Total Score: _____ /160 total

Combine the scores from the 6 sections above.

Continue ...

if you had dependent children at home during the time of your divorce.

7. My former spouse as a co-parent

Compared to the early days of your breakup, what is true of you now?

Sign of healing	Not true of me			Consistently true of me		
A. I'm committed to working with my former spouse to address issues that come up with our children.	0	1	2	3	4	5
B. I can talk to my former spouse about differences of opinion without yelling.	0	1	2	3	4	5
C. I pray about difficult conversations with my former spouse before having them.	0	1	2	3	4	5
D. I cooperate with my former spouse so our children can spend time with him/her.	0	1	2	3	4	5

Score: _____

8. My behavior toward my children

Compared to the early days of your breakup, what is true of you now?

Sign of healing	Not true of me			Consistently true of me		
A. I can discipline my children in a constructive way as needed.	0	1	2	3	4	5
B. I do not bad-mouth my former spouse when talking to my children.	0	1	2	3	4	5
C. I do not put my children in the position of being "informants" on my former spouse's personal life.	0	1	2	3	4	5
D. I do not ask my children to relay messages to my former spouse to avoid him/her.	0	1	2	3	4	5

Score: _____

Total Score: _____ /200 total

Combine the scores from the 8 sections above.

Check your progress

What your scores mean

Reflect on the areas where you scored higher and lower. This will help you see where you've had some growth and healing, and areas you need to spend more time processing. Then add your total scores for all 6 (or 8) sections, and use the chart to help you gauge your readiness to volunteer with DivorceCare.

Score	General recommendation
<126 (no dependent children)	Take more time to heal before volunteering: <ul style="list-style-type: none"> • Repeat another DivorceCare cycle • Use the <i>Living Forward</i> journal
<170 (children at home)	
126+ (no dependent children)	Talk with your leader or pastor about serving on a DivorceCare ministry team
170+ (children at home)	

Ready to volunteer?

Share with your pastor/leader

Share your results with your DivorceCare leader or pastor. They may be able to help you with areas of needed growth. Remember, though, your leader/pastor may still decide it's best for you to wait, regardless of your score. This assessment is just a guide.

LEARN MORE AT

divorcecare.org/volunteer