



Turning Point

This Journal is Your Personal Space

Dear User,

Going through a divorce can be really tough, both emotionally and practically. Turning Point, a guided journal, is like a friendly companion during this time. It's a private place where you can write down your thoughts and feelings, helping you navigate the ups and downs that often come with divorce.

This journal is meant to be a support. It offers helpful advice, information about the divorce process, and gentle prompts to encourage you to reflect on what you're going through.

You can use this journal whenever you feel the need to write something down, especially after important meetings or court sessions. It will gently guide you through the different steps of the divorce process, offering useful information, asking questions to help you check in with yourself, and giving you space to simply write what's on your mind.

Remember, this is your personal space—just for you. You don't have to show it to anyone. It's here to help you find clarity, build your confidence, and begin to heal as you work towards a resolution. Divorce may be painful, but it can also be a Turning Point—a path toward renewal, where each new day brings new hope and the possibility of a brighter, more empowered future.

How to Use this Journal

I am designed to be your companion throughout the court proceedings. You can write in me whenever you need to and bring me to court sessions to record important details. Recognising the emotional challenges of legal processes, I offer support in several ways at each stage. I provide helpful information, pose reflective questions to encourage emotional check-ins, and offer space for you to write down your thoughts and feelings, recognising the therapeutic value of expressing emotions.

I encourage you to treat me like your personal diary, writing honestly and openly about your feelings and concerns. There is no judgment within my pages.

Finally, there are sections and questions in **blue** specifically for parents dealing with child-related matters. These sections can be skipped if they are not relevant to you. I also remind those with multiple children to consider each child's individual needs, even though I may use the singular "child".

Note: This Journal is not a substitute for legal or therapeutic advice. Please feel free to seek legal advice or relevant support where needed.

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**THERAPEUTIC
JUSTICE**
New Day, New Hope

THERAPEUTIC JUSTICE (TJ)

Therapeutic Justice or TJ is about helping families accept the past and move towards their best possible future. It involves a judge-led process where parties and their lawyers, along with other professionals, work together to find timely and enduring solutions to the family's disagreements, within the framework of the law.



Scan for information on the
FJC Therapeutic Justice Model

Calendar of Events

You can use this calendar to note down important dates or events (e.g. Court sessions, submission of documents, etc.).

Year: _____

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Calendar of Events

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Chapter 1

Preparing for Divorce Proceedings

You and/or your spouse are facing a decision to end the marriage. You are preparing for the upcoming Court sessions. This is getting real. You might have or plan to get a lawyer. Or you might have decided to go without one. Would you need information about the Court proceedings to help you prepare for the upcoming Court sessions?



Scan for information on divorce proceedings.



Scan for information on legal assistance, financial and housing resources.

A. How are you feeling today?

B. It is not uncommon to experience the feelings that you have indicated above. What are 2 things that you have been doing to care for yourself?

C. What is 1 thing you would like to do to care for yourself better?

D. What are 3 things that you are thankful for?

It is during our darkest moments that we must focus to see the light.
– Aristotle

My Thoughts & Reflections

Date: _____

My Thoughts & Reflections

Date: _____

Chapter 2

After the TJ Cooperative/Family Dispute Resolution (FDR) Conference

You've now met the mediator, your lawyer, the other party, and his/her lawyer. Perhaps the journey started with rough seas. Or maybe the waters are calmer than you expected. Either way, it's important to pause for a moment...

A. How are you feeling at this point?

It is not uncommon to experience many different feelings, including sadness, anxiousness, anger, grief and etc. You might even find it difficult to identify exactly how you are feeling.

- B. Do you find yourself experiencing anything in the table below? Please tick those that you identify with. It is sometimes useful to talk to someone or get help with some of those that you have ticked. If you are uncertain about whether you are experiencing any of these, feel free to contact a professional from a Family Service Centre or FAM@FSC centre near you.



Remember, help is available for you or your child. Scan for information on where to seek help.

Physical	Thoughts	Behaviours
Faster or more noticeable heartbeat	Difficulties concentrating	Crying for no reason
Headaches	Frequently having traumatic memories	Difficulties looking after yourself or your child
Breathlessness	Frequently feeling tense or nervous	Avoiding family and friends
Chest pains	Frequently feeling hopeless about the future	Difficulties sleeping/ having nightmares
Loss of appetite	Having thoughts of harming self or others	Withdrawing from friends and social activities

Here are also some tips that might help you relax or manage the ongoing stress.

- i. **Regulate your breathing.** Breathe in slowly, hold your breath for a few seconds and breathe out slowly.
- ii. **Exercise regularly.** Keeping physically active is important. Taking short walks or doing light stretches can sometimes help to make you feel better. Being amongst nature (e.g. listening to the birds or the rustling of the leaves) can also help relax the mind.
- iii. **Eat well.** Eat more frequent but smaller meals. Where possible, select healthy options while giving room for food that you enjoy.
- iv. **Sleep well.** Establishing good sleeping habits is useful in improving your sleep quality. Try to go to bed and get up at regular times. Avoid caffeine or alcohol too close to bedtime. Keep your bedroom comfortable and conducive for rest.
- v. **Manage your thoughts.** Manage your thoughts by limiting your time for worry. For example, allow yourself 30 minutes to think about your concerns, then focus on other aspects of your life or on things you can change or control.
- vi. **Talk to someone.** Reach out to your family and friends. Join support groups. Feel free to also seek professional help.

(Adapted from the Health Promotion Board Website.)

C. You might be meeting a Court Family Specialist for counselling session(s). What are some topics that you would like to discuss during the session(s)?

Issues about the past	My child
Feelings	Challenges
Worries	Future plans
Relationship with ex-spouse/ other family members: _____	Others: _____
Thoughts from the counselling session(s):	

What I am looking for is not out there, it is in me.
– Helen Keller

My Thoughts & Reflections

Date: _____

My Thoughts & Reflections

Date: _____

Chapter 3

Preparing for Mediation

Your mediation session is coming up. As you prepare for mediation, there's so much to consider. [This journey isn't yours alone. Perhaps your child is on this journey with you, and his/her well-being is now at the heart of every decision you make. Remember, your child has his/her own voyage ahead—one that includes his/her own journey of growth and development as well as his/her time with the other parent. Let's think through how you can best guide your child through these changing tides.](#)



You might also want to find out more on what to expect during the mediation session.

Date: _____ (note the date, don't forget!)

A. How do you feel about the upcoming mediation?

B. How can you prepare for mediation?

C. What are your goals for mediation?

D. How is your child feeling or coping?

E. What are your personal goals, and what are your goals for your child?
Where do these goals overlap?

F. During the mediation session, you might hear comments or proposals from the other party that upset you. In those situations, you can choose (You might want to take a peek at these during the mediation sessions).

To	Not to
Take deep breaths	Make disrespectful comments
Take a sip of water	Withdraw or refuse further discussions
Respond respectfully	Others:
Ask for time-out from the mediator	
Talk to someone about it after the mediation session	
Write about it in this journal	
Others:	

G. Who can you call for help if the process becomes overwhelming?

Family: _____

Friends: _____

Legal professional: _____

Counsellor/Psychologist/Mental health professional: _____

Others: _____

H. Who can you call if your child needs help?

Family: _____

Friends: _____

Legal professional: _____

Counsellor/Psychologist/Mental health professional: _____

Others: _____

Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.
– Mother Teresa

My Thoughts & Reflections

Date: _____

My Thoughts & Reflections

Date: _____

Chapter 4

Mediation

You'll be meeting with the other party, as well as the lawyers and the mediator. You've done your best to prepare for this meeting. To help you keep track of things, it might be useful to jot down the key points discussed during the session. And by the way, you might find it helpful to review some ways for handling difficult comments or proposals beforehand (page 15).

A. Divorce

B. Child Matters

C. Financial Matters

*When we are no longer able to change a situation – we are challenged to
change ourselves.
– Viktor Frankl*

My Thoughts & Reflections

Date: _____

My Thoughts & Reflections

Date: _____

Chapter 5

After Mediation

How did the mediation go? Let's slow down for a check-in...

A. What went well during the mediation?

B. What did not go as well?

Perhaps you've reached an agreement with the other party and are feeling a sense of relief. Or maybe you're troubled, as many issues remain unresolved, and you feel like you may be drifting towards stormy seas. But stay calm and don't lose hope – let's take stock.

C. What's next for you?

Implement the agreements from the mediation sessions.

Attend interventions as directed:

Counselling

Supervised Visitation

Others: _____

Proceed for hearing

D. Moving forward, what are 2 things that you can do to heal or to take care of yourself?

E. Moving forward, what are 2 things that you can do to support your child?



Remember, help is available for you or your child.
Scan for information on where to seek help.

*Courage doesn't always roar. Sometimes courage is the little voice
at the end of the day that says I'll try again tomorrow.*
— Mary Anne Radmacher

My Thoughts & Reflections

Date: _____

My Thoughts & Reflections

Date: _____

Chapter 6

Preparing for Hearing

It's understandable that you might be feeling disappointed or upset that mediation didn't go as hoped. Now that you or your lawyer are preparing for the case conference and upcoming court hearing, things might feel more intense. It's natural to feel like you're bracing yourself for a difficult time ahead.



Scan for information on case conference.

A. How do you feel as you head towards the Court hearing?

- B. You might read unkind things about yourself though various Court documents. You feel angry and a sense of injustice. You feel the need to defend yourself or even get back at the other party. How do you manage these feelings or get help?

Find ways to cope with my feelings (e.g. deep breathing, go for walks, etc.):

Engage in self-care activities:

Talk to my lawyer

Seek support from family/friends:

Seek help from a counsellor/psychologist/mental health professionals:

Others:



You might like to refer to the FJC Therapeutic Justice Model on the "Do's and Don'ts" while preparing for trial.

Your child is watching and journeying with you. Each child is unique. If you have more than one child, please feel free to write about each child separately.

- C. How has your child been feeling the past week?

D. What are 2 most important needs for your child at this stage of his/her life? (This may include aspects of your child's physical, emotional and mental well-being.)

E. What is the 1 thing that you can do to support your child's needs at this stage of his/her life?

F. What can you do to support your child's time with the other parent?

*You may not control all the events that happen to you,
but you can decide not to be reduced by them.
– Maya Angelou*

My Thoughts & Reflections

Date: _____

My Thoughts & Reflections

Date: _____

Chapter 7

Hearing

It's understandable to feel anxious and unsure, especially after mediation didn't resolve things. The increasing stress of this situation can be overwhelming and wanting to protect yourself (and your child) is natural. While it can be stressful given that the final outcome isn't entirely in your control, there are things you can focus on to navigate this challenging time.



Scan for information on hearing.

A. How are you feeling about the upcoming Court sessions?

B. How are you taking care of yourself or getting the help that you need?

C. How is your child feeling or coping?

D. If the Court wants to meet your child, what can you do to support your child?

E. Who or what can help you or your child navigate the storm?

There are far, far better things ahead than any we leave behind.
– C.S. Lewis

My Thoughts & Reflections

Date: _____

My Thoughts & Reflections

Date: _____

Chapter 8

After Hearing

You've received the outcome of the hearing. It's been a long and exhausting journey. It seems like this journey is finally coming to an end. It is natural to feel a mix of emotions—relief, sadness, frustration and/or uncertainty about what comes next. Before you move forward, let's take a moment for one last check-in.

A. What can you learn from this experience and how can you use it to move forward?

B. What is 1 small thing you can do today to take care of yourself?

C. What might be different for your child going forward?

D. How can you better support your child?

*The rain will stop, the night will end, the hurt will fade.
Hope is never so lost that it can't be found.
– Ernest Hemingway*

My Thoughts & Reflections

Date: _____

Chapter 9

New Beginnings

Write a letter to yourself as you embark on a new journey ahead. Here are some questions to guide you along:

- a. What did I learn from this journey?
- b. What am I most proud of myself for accomplishing during this difficult time?
- c. What am I grateful for?
- d. Who am I thankful to?
- e. What do I need to let go of?
- f. What small step can I take today to move forward?
- g. What is 1 thing that I can do for my wellbeing each day/week?

Dear _____

*The new dawn blooms as we free it.
For there is always light,
if only we're brave enough to see it.
If only we're brave enough to be it.
— Amanda Gorman*

Closing

It's been quite a journey! How are you feeling now? This has undoubtedly been a difficult time, filled with its share of pain, grief and fatigue. But now, as this chapter closes, a new one is beginning, filled with new possibilities. I hope you're able to take some time to rest, recover, and recharge. With each **New Day** comes **New Hope**. I wish you hope, strength, courage and continued healing as you move forward. You've come so far, and you're capable of amazing things. Wishing you all the best on your journey ahead.

Signing off,
Your Journal

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