

# Tell your story

When a relationship ends, it can bring up doubt and uncertainty. Use this worksheet to reflect on what's happened and brainstorm what you want to see happen next in your relationship, with your children and with your finances.

As you go through the worksheet, make notes for each section on a separate piece of paper. Or **download an editable version** of this worksheet from [family.cplea.ca/tell-your-story/](https://family.cplea.ca/tell-your-story/)



## Visit CPLEA's website about family law in Alberta!

The green highlighted text in this worksheet refers to pages on our website where you can learn more about what the law says about your situation.

Get started at [family.cplea.ca](https://family.cplea.ca)

\* If you feel unsafe in your relationship, go to [What to do about family violence](#)

## My relationship

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### LEARN MORE ONLINE

- [What is your marital status](#)
- [What to do when your relationship ends](#)

### REFLECT

Describe your current relationship status.  
Think about:

- What type of relationship are you in?
- What is happening in your relationship now?
- If you and the other person signed any kind of agreement, such as a prenuptial agreement, cohabitation agreement, postnuptial agreement or separation agreement, what does that agreement say?

### BRAINSTORM

Describe what you want to happen in your relationship going forward. Think about:

- What is the process to end your relationship?
- Do you need to enforce an already signed agreement?
- Can you and the other person work together to agree on what happens going forward and make a separation agreement?

### QUESTIONS

Write down any questions you have about your relationship to ask a legal professional.

# My children

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## LEARN MORE ONLINE

- [Being a parent or guardian](#)
- [Rules about child support](#)

## REFLECT

Describe your current parenting arrangement for your children. Think about:

- Who is the primary caregiver?
- Where do your children live?
- What is the other parent's relationship with your children?
- Who makes major decisions for your children?
- Who else has a relationship with your children?
- Is someone paying child support?

## BRAINSTORM

Describe what you want the parenting arrangement to be going forward. Think about:

- How should you and the other person share parenting time?
- Where is the best place for your children to live?
- Who should make major decisions for your children?
- Who else should continue to have a relationship with your children?
- Can you and the other person work together to agree on what happens going forward and make a parenting plan?

## QUESTIONS

Write down any questions you have about parenting arrangements to ask a legal professional.

# My finances

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## LEARN MORE ONLINE

- [Rules for dividing everything up](#)
- [Rules for spousal and partner support](#)

## REFLECT

Describe your current financial situation. Think about:

- Who is living in your family's home?
- Do you own assets together, such as a home, furniture, cars and bank accounts?
- Do you have debts together, such as a mortgage, credit cards and loans?
- Is someone paying spousal/partner support?

## BRAINSTORM

Describe what you want your financial situation to be going forward. Think about:

- Does one of you need to move out of the family home?
- Are you concerned the other person will improperly use your money or property?
- Are you concerned about paying back your debts?
- Do you think one of you is entitled to spousal/partner support?
- What property do you think is exempt?
- What joint property do you want to keep?

## QUESTIONS

Write down any questions you have about your financial situation to ask a legal professional.