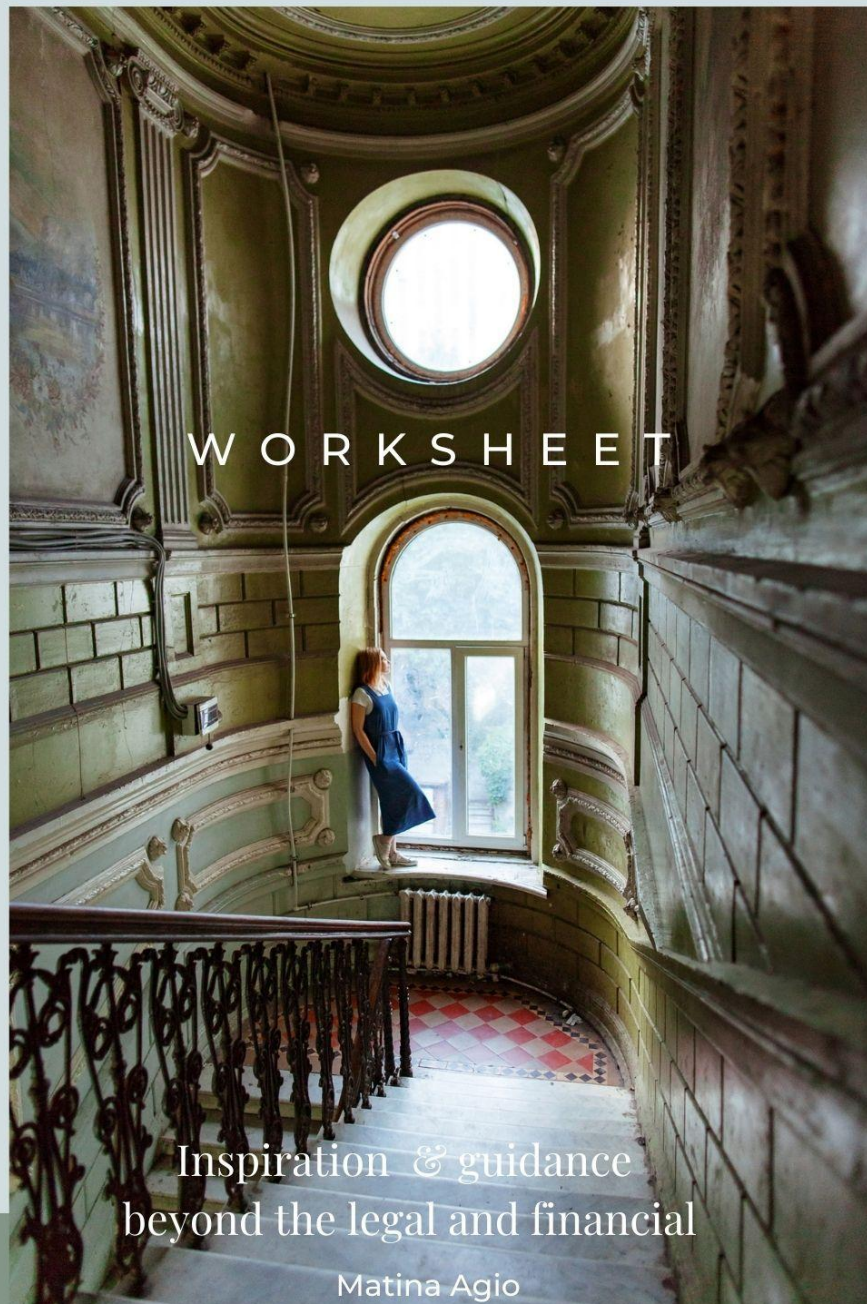

FAMILY
HEIRLOOMS
LEGACY & DIVORCE



Inspiration & guidance
beyond the legal and financial

Matina Agio

Questionnaire Worksheet

(Please adapt the questions to your circumstances.)

DISENTANGLING FROM THE WEB OF MARRIAGE

- Which aspects of my core self do I feel I have lost or did not live during my marriage?
- What aspects do I want to revive, develop and live again?
- Does my sense of wholeness come from the unity of the couple or from within myself?
- How much do Kahlil Gibran's guiding words reflect the nature of my previous marriage?
- Do I feel that I am a carrier of my own legacy and power?
-

TAKING INVENTORY OF WHAT IS ONE'S OWN

- How connected do I feel to my small universe?
- How do I perceive my lineage and ancestry?
- Do I consider my personal story, family history, cultural heritage a part of my wealth?
- What events am I most proud of in my family history?
- Do I find my family history empowering? If so, why?
- What would need review & healing in my family story?
- What parts of my family story do I want my children to know about and what parts not?
- What kind of conversations do I share with my children about our family history and ancestry?

PROTECTING FAMILY VALUABLES & HEIRLOOMS

- What are the most important items that I would like to keep with me or protect?
- Have I kept records of my possessions and my inheritance?
- Do I foresee difficulties or dangers that threaten my heirlooms or valuable items?
- What kind of decisions or actions do I need to make now, to protect such items?
- What possessions need to be documented or photographed now?
- What preparations are required to ensure that I protect my items? What would I accept to give up in the settlement?
- How can I ensure that my beloved possessions will reach my children in the future if they are no longer in my hands?
- Will my inheritors want the heirlooms in the first place?
-

THE GREAT DECLUTTER BEFORE THE STORM

- When did I last do a real good decluttering of my home?
- What are my concerns about conducting this pre-divorce declutter?
- Do I need professional guidance in doing this or can I manage it alone?
- How can I use the Legacy Scale to give a true value to my things?
- Where else, other than this home, are my things stored?
- Should I get my children to clear out their spaces too?
- How long do I envision the declutter process taking?
- What areas should I make a priority for decluttering?
-

DEALING WITH THE LOSS OF BELOVED THINGS

- How does losing this possession feel when I think of it?
- What do/would I miss the most about this item?
- Can I view this differently? Can I re-narrate the story of loss into an empowering story?
- How can I live with that loss and grow around it?
- What parts of me experienced the loss most? (Give them names: the angry part, the regretting part, the jealous part, the nostalgic part etc.)
- What experiences did my beloved things give me that I am grateful for?
- Can I imagine a closure ritual with the beloved possession?
-

CREATE A DIVORCE-STORY THAT EMPOWERS YOUR LEGACY

- H. D. Thoreau said “It is not what you look at that matters, it is what you see”. What do I see concerning my divorce? Is it different from what I saw before?
- Write your divorce story down, as you see it now as if no one is listening.
- Would I be willing to reshape my divorce story or work it through again from another perspective?
- Have I transferred stories of trauma to my children? If so, would I like to revisit those narratives and convey a different version of what happened?
- On a more general note, what kind of stories about myself do I share with my children and others?
-

THE NEW HOME OF YOUR CONTINUING STORY

- How would I describe (in imagery or words) my present home?
- What attributes am I looking for in my new space?
- How much of my married past is in my space right now?
- Are there physical things that I feel like I want to let go of?
- Do I have any heirlooms or family history that I could integrate into my space?
- Where in the home do I feel most safe, calm and privacy?
- How are my children adapting to the new home?
-

LEGACY BURDENS AND FINDING THE SELF

- Mapping out your triggers: On the page, make a list of all the things that tend to trigger you (in relation to pre/during/or/post divorce). Name what are the external events that cause you to have instantaneous, strong emotional reactions, which are out of proportion in relation to an event or behavior of another.
- Following a trailhead: Choose one of these triggers and identify the specific feelings you experience and how that plays out in your life. Write down what comes up.
- Possible Legacy Burdens: Do you have beliefs, feelings or emotions etc., which seem to come from your ancestry and not from your direct experience or social environment? (These may have the form of security issues, beliefs about money or success, gender-role issues, issues of self worth or survival, phobias, fear of a certain group of people or of abandonment, irrational fears, attachment or hoarding issues etc.)

This worksheet was written by Matina Agio

Matina Agio is an inheritance counsellor and creator of THE INHERITANCE MUSE METHOD™, a therapy-based approach addressing the emotional aspects and practical challenges of managing one's family heirlooms, collections, property & other inherited possessions. Her clients include collectors, historic home owners and family office members around the world.

If you would like to book a free strategy call please contact
<https://www.matinaagio.com/contact.html>

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