

Alimony Preparation Checklist

Action Checklist — ClearLegalTips.com (2026)

Get ready to discuss or request spousal support.

Step 1 — Gather

- ☐ Documented both incomes and the income gap
- ☐ Noted marriage length and standard of living

Step 2 — Assess

- ☐ Identified the likely type of support
- ☐ Checked whether your state uses a formula or discretion

Step 3 — Estimate

- ☐ Estimated amount and duration
- ☐ Listed factors a judge will weigh

Step 4 — Next

- ☐ Considered mediation before litigation
- ☐ Consulted a family-law attorney for your state

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