

Alimony / Spousal Support Estimate Worksheet

Fillable Planning Worksheet — ClearLegalTips.com (2026)

A. The Marriage

Length of marriage (years): _____

State: _____

B. Incomes

Your gross monthly income: _____

Spouse gross monthly income: _____

Monthly income gap: _____

C. Need & Ability

- ☐ Standard of living during marriage
- ☐ Age and health of both spouses
- ☐ Earning capacity / education
- ☐ Childcare responsibilities

D. Type of Support

- ☐ Temporary (during divorce)
- ☐ Rehabilitative (until self-supporting)
- ☐ Durational
- ☐ Permanent
- ☐ Lump-sum / reimbursement

E. Estimate

Estimated monthly amount: _____

Estimated duration: _____

Note: most states leave alimony to judicial discretion; a few use a formula.

INSTRUCTIONS FOR USE

Fill this worksheet out before you act, then use it to complete the official forms or filings. This template is provided for informational purposes only and does not constitute legal advice. Laws vary by state and change over time. Have an attorney review your completed document before relying on it.

ClearLegalTips.com is not a law firm.