



SHOULD I STAY OR SELL? THE RIGHT QUESTIONS AFTER LOSING A SPOUSE

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Should I Stay or Sell

Questions After Losing a Spouse

HELLO AND WELCOME:

If you are the one responsible for deciding what to do with your home after losing a spouse, I want you to know something first: You are not expected to have all the answers right now.

Losing a loved one changes everything. At the same time you are dealing with grief, you may also be facing decisions about the home, finances, belongings, and what your life will look like moving forward.

For most people, this is unfamiliar territory. It is not just a real estate decision. It is a life decision.

Over the past several decades, I have helped many individuals and families through this exact situation—selling a home during one of the most emotional and overwhelming times of their lives.

What I have learned is this:
There is no one “right” plan.
There is only the plan that supports you.

This guide is here to help you slow down, think through your situation, and begin making decisions one step at a time.

You do not have to rush.

You do not have to figure everything out today.
You just need a place to start.

Dr. Deena Stacer



The Real Estate Doctor
This Doctor Makes House Calls

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BEFORE YOU MAKE DECISIONS ABOUT THE HOME, ASK YOURSELF:

1. Am I ready to make a major decision right now, or do I need more time?

2. Am I staying because this home still supports my life, or because I am not ready to let go?

3. Can I afford to stay in this home on my own?

4. Does this home still fit my physical, emotional, and financial life?



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BEFORE YOU MAKE DECISION ABOUT THE HOME, ASK YOURSELF:

5. Would being closer to family or support make my life easier?

6. What kind of daily life do I want going forward?

There is no right answer.

Only the answer that best supports your life moving forward.



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IF YOU ARE CONSIDERING SELLING BEGIN HERE:

1. What condition is the home really in?

2. Does the home need repairs before it goes on the market?

3. Are there safety issues that could affect a buyer's decision?

4. Are there belongings that need to be sorted, packed, or moved?



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IF YOU ARE CONSIDERING SELLING BEGIN HERE:

5. Do I need time after closing to finish moving?

6. Would Selling the Home As-is Reduce my stress?

Not every home needs to be “fixed.”
Sometimes the right plan is simple.



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CONSIDER THE OUTCOME YOU WANT

1. Will repairs actually improve what I walk away with financially?

2. Or will they create more stress without improving the outcome?

3. Are there "must be done" items?

4. Are there things the next owner will likely change anyway?

The goal is not perfection. The goal is making decisions that make sense for you.



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WHAT KIND OF BUYER FITS YOUR SITUATION?

1. Is this a home a family could move into right away?

2. Is it better suited for an investor who plans to renovate it?

3. Would an as-is sale make more sense?

4. Is there financial pressure that requires a quicker sale?

When you understand the condition of the home and your situation, the right type of buyer becomes clearer.



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MOST IMPORTANT SUPPORT YOURSELF

1. Am I physically and emotionally able to take on repairs and moving?

2. Am I already exhausted from loss or caregiving?

3. Would a simpler plan reduce stress?

4. Do I need more time or flexibility?



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MOST IMPORTANT SUPPORT YOURSELF

5. What would make this transition easier for me?

The right plan is not just about the house.
It has to support you.

FINAL THOUGHT

You do not have to figure everything out all at once.

The right plan will come from understanding your situation, your home,
and your needs.

Give yourself time.

Make decisions step by step.

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