

Your Step By Step Guide to Preparing for Divorce



“Contrary to popular belief we don’t always break up to make up. Sometimes we breakup to wake up!” -CSC Mediate

Divorce & Family Livable Solutions

By CSCMediate.com

The emotional impact of divorce can be overwhelming. But life in an unhappy marriage is strangling. Your “I do” has turned into “I don’t.” You once envisioned a life of marital bliss, but reality has not been so kind. It is now time to end your marriage. You may fear that you are vulnerable and will be hurt and taken advantage of and this anxiety causes you to move away from your true authentic self. But what if you can use this emotion to propel you through the fear and uncertainty to reach your goals and your truest self even while going through one of the most painful moments in your life? Yes, you want a divorce, but how do you go about actually preparing for this huge life change?

In this article, we’ve pulled together pre-divorce prep suggestions to help you navigate the maze of the divorce process and take control of the outcome. This advice can be used at any stage of divorce. With this divorce preparation guide in hand, you’ll know what to expect so you can power through your divorce and come out the other end stronger, better, and equipped for the next chapter in your life.

Prepare to Deal with the Emotional Aspects of Divorce



Divorce is not easy and many people find the stress of separation from their spouse and drastic lifestyle changes to be incredibly stressful and aggravating. High amounts of emotional strain and pressure lead many to lash out and make decisions they regret. This emotional rollercoaster is not good for your emotional health, it’s unhealthy for the children and it makes the divorce process harder. Here are a few suggestions on how to improve your emotional intelligence during divorce: 1) Accept the emotions you are feeling, process it and cope. 2) Don’t go through it alone. 3) Don’t blame yourself. 4) Don’t take anger out on others. 5) Try meditation. 6) Try therapy. 7) Consider spiritual counseling. 8) Exercise more - it helps the body and mind. 9) Change your lifestyle to be more intuned with your new emerging self and 10) research and participate in mindful rethinking (it’s powerful).

You’re Going to Need Money



You may think that the first step to getting a divorce is to file a petition with the court. Not so fast! As long as your situation isn’t dire, you should first make sure that you have access to cash. You’re going to need to be able to pay your coach, mediator or attorney and possibly look for new

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housing in addition to covering your living expenses before your settlement. Build up a cash reserve so that you aren't left high and dry when the divorce petition is filed and received.

Consider Whether a Separation Might Be the Better Option



Sometimes a separation strategy is a better route even when you're sure you want a divorce. Even if you want your marriage to be over, a separation may be a better choice for important financial reasons. For example, if you are self-employed or work at a small company, you may rely on your spouse's health insurance to cover your medical expenses. If you and your spouse are on agreeable terms and neither of you is seeking to re-marry right away, a separation may be the pragmatic choice.

Choose Your Divorce Process Wisely



Every person's situation is different when she approaches divorce, so there really is no one-size-fits-all divorce plan. That's why it can be so helpful to hire a divorce consultant before you file the paperwork. Your divorce specialist can help you determine the full scope of your marital estate, search for hidden assets, and develop your settlement strategy before you file your petition. Learning the in's and out's of divorce is part of the process. Your consultant can also walk you through different settlement approaches, including mediation and collaborative divorce.

Search for Hidden Assets



The key to getting your fair share of your marital estate is knowing the full scope of the assets you and your spouse own. Many women are surprised to learn the full value of their husband's business, and some have no idea that their husbands own land or extra vehicles. Finding these assets will become much more difficult after you serve your husband with divorce papers. When he realizes that he may lose a big chunk of his wealth, he could start trying to hide assets. That's why it is important to look for and reveal as many assets as possible before the divorce papers are filed.

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Update Your Resume



If you were a stay at home spouse or parent, then a divorce means you'll likely need to find a job to get by. While you can certainly ask for both child support and spousal support (also known as alimony), it likely won't be enough to keep you afloat. As you prepare for divorce, update your resume and start networking. It will be much less stressful to jump into the job search market before you are living independently and the bills are past due.

Prepare for the Financial Reality of Divorce



The average woman faces a 73% loss in her standard of living after a divorce. Let that sink in for just a bit. Even as you start to consider divorce, now is the time to begin preparing for your new financial reality. Think strategically to help get you on a better financial footing. You don't want to have to figure out why you can't pay your bills when the debt collectors are calling. Instead, put together your post-divorce budget NOW so that you can use it as a guide during your divorce negotiations to help you make well informed decisions.

You want to do this right, so that you can rebuild your life, plan for your future and rediscover your competent, confident self. That's where [Livable Solutions](#) comes in. Our passion is to empower those facing divorce, to support your understanding of the divorce process so that you can feel more in control and work towards positively reshaping your life.

The best way to prepare for a divorce is to contact a [Divorce Consultant](#) to get help with your divorce and avoid common mistakes while saving you thousand of dollars and years of your life. When you request your [FREE CONSULTATION](#) you'll learn about the divorce process, the methods of dispute resolution (divorce coaching, mediation and collaborative law), financial tips, and parenting plan options among many other topics. Look out for our local workshops: *Learn the Ins and Outs of Going Through Divorce* and *Getting to Co-Parenting Plans*, you will hear from divorce mediators, divorce financial specialists, psychologists, and other professionals who can give you the tools you need to prepare for your New Life and New Self.