

# 5 Things I Know For Sure About Divorce

## THE ONLY ONE YOU CONTROL IS YOU

Your current spouse may become someone you don't recognize whether you ask for divorce or they do. No matter what, it's always necessary for you to make a plan that does not rely only on your spouse's goodwill. Whether negotiating finances or co-parenting, you can hope for the best and plan for the worst through strong Agreements that leverage alternative dispute resolution alternatives and use techniques, like coaching, that can de-escalate you in the process.



## FINANCIAL & LEGAL AWARENESS & PLANNING ARE ESSENTIAL

Whether you handled the finances or never touched them, it is critical for you to understand your situation and options as you begin the divorce process. Find a trusted financial advisor who can help you create a budget, project your financial future and work with your legal advisor to ensure you negotiate fairly. Whether you were the instigator of divorce or surprised by it, you now have a responsibility to yourself and your children to learn what you need to succeed post-divorce.



## YOU WILL FIND OUT YOUR REAL SUPPORT WHEN BAD THINGS HAPPEN

When you separate and/or divorce, you are likely to see friends and family choose sides. It's important to remember that the people who can't show up for you (for whatever reason) shouldn't do so and you need to accept that. Ultimately, divorce is a moment when you learn who really stands with you as part of your village. And shedding those who don't or couldn't can also be very good for you in the long run.



## YOUR CHILDREN EXPERIENCE DIVORCE TOO, & YOU SHOULD PLAN FOR IT

Data shows children do better in environments lacking high conflict. So, whether you decide to stay married or get a divorce, you have a responsibility as a parent, even if you are angry at your co-parent, not to expose the children to your adult disagreements. In the best-case scenario, you and your (ex)spouse should agree to focus on loving your children as a family that while different now, shows them that mom and dad are a team where they are concerned. Getting there will mean compromise and negotiation during divorce as well as lots of your own work too, but the results of goodwill and the ability to give your children what they need last a lifetime.



## NEW RELATIONSHIPS ARE WONDERFUL WHEN YOU TAKE ACCOUNTABILITY FOR THE PAST

Your marriage may feel impossible to navigate and you know you are better off apart. However, that doesn't mean your next relationship will solve all of those earlier problems. Now is a great time to explore coaching and therapeutic tools to figure out what led to the failure of your marriage, your part in it, and what you may want to do differently and better next time. Although it may feel easier to blame the other, take account of what you brought to the table too. Starting a new relationship with new awareness will put you in position to avoid the same mistakes.



**DEAR  
DIVORCE  
COACH**

Cherie Morris, J.D., CDC  
[deardivorcecoach.com](http://deardivorcecoach.com)

