

# TOP 10 THINGS TO DO IF YOU ARE THINKING ABOUT DIVORCE



ENDING A MARRIAGE IS NOT AN EASY DECISION TO TAKE, WHETHER THERE IS DEEP UNHAPPINESS AND DISSATISFACTION, BETRAYAL OR ABUSE AND VIOLENCE. WHATEVER THE REASON FOR WANTING OUT,

ONE OR BOTH PARTIES MAY BE UNWILLING TO TAKE THE PLUNGE BECAUSE THERE IS STILL SO MUCH STIGMA, SHAME AND FEAR SURROUNDING DIVORCE.



MANY PEOPLE STAY ON IN PAINFUL AND TRAUMATIC MARRIAGES FOR THE SAKE OF THE CHILDREN, BUT REMEMBER THAT CHILDREN ARE ALSO DEEPLY IMPACTED BY LIVING IN AN ABUSIVE AND TOXIC HOUSEHOLD.

WHATEVER BECOMES THEIR NORM, THEY ARE MORE LIKELY TO RECREATE THE SAME DYNAMICS IN THEIR OWN, ADULT RELATIONSHIPS.



IF YOU HAVE ALREADY TRIED COUNSELLING, FAMILY INTERVENTION, THERAPY AND ALL POSSIBLE AVENUES TO TRY AND SAVE YOUR MARRIAGE, BUT ARE NOW SERIOUSLY CONSIDERING A DIVORCE, HERE ARE THE TOP 10 THINGS TO DO BEFORE YOU IMPLEMENT YOUR DECISION TO BREAK UP:



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## 1. SHARE WITH CARE

UNTIL YOUR DECISION IS OUT IN THE OPEN, CONSIDER SHARING YOUR THOUGHTS ABOUT IT ONLY WITH A FEW, TRUSTED FRIENDS. THINK, TOO, BEFORE YOU POST ON SOCIAL MEDIA. THE RUMOUR MILL IS NOT EASILY CONTROLLED. TO ENSURE YOUR THOUGHTS AND CONVERSATIONS AT THIS SENSITIVE TIME REMAIN PRIVATE, CONSIDER USING INCOGNITO MODE WHEN ON THE INTERNET DELETING HISTORY FROM BROWSERS AND CREATING A SECURE PASSWORD FOR YOUR PHONE AND OTHER DEVICES.



## 2. SEEK HELP

IF THERE IS VIOLENCE AND ABUSE, REACH OUT TO A HELPLINE OR NGO. IT IS IMPORTANT TO GET GUIDANCE AND HELP WITH SAFETY PLANNING AND OPTIONS.

## 3. FIND INFORMATION

DO YOUR HOMEWORK ABOUT THE LAW IN YOUR CONTEXT. THE LEGAL IMPLICATIONS MAY FEEL OVERWHELMING AT FIRST, BUT YOU CAN NAVIGATE YOUR WAY THROUGH THEM. THERE ARE MANY ONLINE RESOURCES AND YOU CAN ALSO CONSULT A DIVORCE LAWYER FOR FACTS AND ADVICE



## 4. FINANCIAL PLANNING

START GATHERING INFORMATION ABOUT YOUR FINANCES: BANK ACCOUNTS, PASSWORDS, HOW TO ACCESS, HOW MUCH MONEY WILL YOU HAVE IMMEDIATE ACCESS TO IF YOU SEPARATE/LEAVE.



## 5. PRACTICAL CONSIDERATIONS

ORGANISE AND PRIORITISE SOME PRACTICAL CONSIDERATIONS. CAN YOU MANAGE THE HOUSEHOLD EXPENSES WITH THE SETTLEMENT YOU WILL RECEIVE?

WILL CHILD CUSTODY BE A CONCERN?



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## 6. SELF CARE

BE KIND TO YOURSELF. THERE WILL BE DAYS WHEN YOU WILL BE SCARED AND/OR DOUBT YOUR DECISION, BUT TRUST YOURSELF AND PRACTICE SELF-CARE. SHARE WITH A TRUSTED FRIEND OR INVEST IN A COACHING PROGRAMME WITH A DIVORCE OR CONSCIOUS UNCOUPLING COACH WHO CAN GUIDE AND SUPPORT YOU.



## 7. SET INTENTIONS

SET YOUR INTENTION ABOUT HOW YOU WANT TO CONDUCT THE DIVORCE AND HOW YOU WANT TO EMERGE BEYOND IT. REMIND YOURSELF YOU WILL HAVE NO CONTROL OVER YOUR SPOUSE, BUT YOU CAN CERTAINLY DO YOUR BEST TO BE MINDFUL OF AND MANAGE HOW YOU ACT AND REACT. IF YOU HAVE CHILDREN, ASK YOURSELF WHAT IS THE MODEL YOU WANT TO SHOW THEM?



## 8. BELIEVE IN A HAPPILY EVEN AFTER

BELIEVE THAT YOU CAN STEP INTO FAR GREATER PERSONAL POWER. FACING A BREAKUP, SEPARATION OR DIVORCE CAN CATAPULT YOU INTO AN ALL-TIME EMOTIONAL LOW, BUT IT CAN ALSO BE THE GATEWAY TO EXTRAORDINARY PERSONAL GROWTH, HEALING AND TRANSFORMATION.



## 9. LIFE AFTER DIVORCE

KNOW THAT THERE IS LIFE AFTER DIVORCE. UNLESS YOU LET GO OF WHAT YOU HAVE, YOU CANNOT RECEIVE THE WONDERFUL FUTURE THAT IS POSSIBLE BEYOND THIS.



## 10. CONSCIOUS UNCOUPLING COACHING

CONSIDER CONSULTING A DIVORCE COACH OR CONSCIOUS UNCOUPLING COACH.

IT CAN BE A GAME-CHANGER TO HAVE THE SUPPORT OF A TRAINED PROFESSIONAL WHO CAN HELP YOU FIND EMOTIONAL STABILITY, COURAGE, HOPE AND CONFIDENCE IN THE MIDST OF ONE OF THE MOST PAINFUL EXPERIENCES THAT ANYONE CAN HAVE.

