

WHAT TO THINK ABOUT BEFORE GETTING **DIVORCED**

15 THINGS TO DO IF YOU ARE THINKING ABOUT DIVORCE

Getting divorced can be one of the hardest things someone can go through in their life. It will often mean disruption that can send waves through your entire family. However, if you are thinking about divorce, we have identified fifteen things that can help you.

1. You may or may not know if you actually want to divorce and this is entirely normal. What you 'want' may be different to what you 'must' do. Before you make any decision learn what is possible for you and your family.
2. If you are thinking about divorce then your marriage may already be suffering and your emotions heightened. You might be really angry or you may have retreated into yourself either way you are unlikely to be happy and probably depressed. This is okay and to be expected but you should not make life altering decisions whilst in this emotional place. You should look for advice from credible resources [online](#) or [speak to someone](#) to find out what your options are.
3. As you learn about your options and what rights you have understand that this does not mean you are necessarily going to get divorced. By educating yourself you can make the best decision for you and your family.
4. Make a new 'secret' email account dedicated to receiving information and exchanging correspondence. Remember to use a private or incognito window so your history is not stored.
5. Start saving a little cash so you have access to money should you decide to go ahead with the divorce. If all your accounts are joint put some cash aside each month in a secret place. Hopefully you will never need it but if you do you'll be glad you started now.



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6. If you are a victim of domestic violence then take action immediately. There are many forms of abuse and sometimes it can be difficult to know if you are a victim or not. If you find yourself having to constantly watch what you are saying and doing then you are unlikely to be in a healthy relationship and you should take action to protect yourself and your children.
7. Record any incidents as they happen by emailing your new email address so you can refer back to them with accurate details.
8. Start to make a list of questions you have as you think of them, email these to yourself on your new email address so you have these as reminders i.e. if you have joint debt how will this be dealt with?
9. Think about how your children are likely to be impacted now and for the longer term. If you are a parent and you and your spouse are constantly fighting how might this be affecting them. You might think they don't know what is going on but they probably do and it can be distressing for them.
10. Ask yourself whether there is any love left in the relationship. Do you still love your spouse, it might be that you are both just going through a stressful period due to overworking, a new baby or financial problems. If there is still some love left then is it worth trying counselling before talking about divorce.
11. If you do decide to stay in the marriage then you and your spouse must communicate how you are going to jointly make your marriage work so you begin to do things differently and not fall back into old habits. It is unlikely that you will be able to do this without the help and support of a professional so you should speak to a trained marriage counsellor.
12. If you were to divorce do you know the different ways, have you consider mediation. How do you pick a good solicitor to help you? What are your rights and what information do you want to know.
13. Consider a period of separation so that there is a physical separation between you, perhaps a holiday on your own or staying with family or friends to see if you miss each other.



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14. Understand that there will likely be an event that makes your mind up one way or another and you should be ready to make your decision. Learn what your next steps are and what the divorce process will look like.
15. Be kind to yourself. There will be times that you second guess your decision so understand that nothing is permanent and there could be an opportunity to stop proceedings and try to reconcile or if you have made the decision to stay together and things don't change then you will already be well prepared to start the process.

When a legal matter involves your family, you need to balance the rights and wrongs of the situation against what is best for you and your loved ones. Sympathetic, practical advice from seasoned legal experts can make dealing with family law matters much simpler and less stressful, while giving you the best chance of a positive outcome for everyone involved.

At Stephen Rimmer our team are specialist family law solicitors so you can be assured that we will always have you and your family's best interests in mind. Follow this link for a [free initial 30-minute consultation](#) or call us on 01323 434415 to see how we can help you.