



## Navigating the Divorce Maze: Avoiding Dead Ends and Traps When Facing a Divorce

If you are going through, or planning for, a divorce, you are likely learning just how complex and difficult it can be. Even without the unbearable emotional difficulties, most people are surprised at all they have to go through leading up to, during, and after the divorce itself. It is certainly no exaggeration when someone says that virtually every aspect of a person's life will change from a divorce.

While change is inevitable, it doesn't have to be all bad. The following tips can help you to avoid dead ends and traps when facing a divorce. While they won't all be easy, if you follow them you will get through your divorce with fewer issues, and better positioned to move on with your life.

### **Always Secure an Attorney**

Whether you are expecting a highly contentious divorce, or one that is more or less amicable, you need an attorney. They are an invaluable resource that will help you to navigate the legal aspects of your divorce. In addition, a good family law attorney has handled hundreds, sometimes thousands, of divorces, so they can answer your questions and help guide you through the entire experience.

### **Never Contact Your Spouse's Attorney or the Judge**

Many people are tempted to contact their soon-to-be ex's attorney to try to convince them of something, or explain it directly to them rather than going through a middleman. This is a major mistake, and actually isn't permitted. If you need to get a message to the opposing counsel, it needs to be given to your attorney so that it can be properly filed. Similarly, you can absolutely never call or write a letter to the judge assigned to your case. All discussions with them must take place as part of the official hearing.

### **Always Take Notes**

As soon as you believe that divorce is likely, begin taking notes. Write down things like what activities you do with your children, what money is spent on them, what your spouse says to you, and what your responses are. Anything that is relevant to your marriage, children, or divorce should be noted and dated. Much of this information will not be used, but it may be invaluable during the divorce.

### **Never Speak Ill of Your Ex (In Front of the Kids)**

Most divorces involve children. When this is the case, it is critical to keep your emotions in check and avoid talking bad about your ex in front of them, especially while the divorce is still in progress. Your children are entitled to a positive relationship with your ex, and it is your job to encourage that. Don't even talk negatively about your ex with a friend when the kids are in the



house. Kids are great at 'overhearing' things, and you never want to be the cause of added pain, suffering, or confusion.

### **Always Seek Support from Friends or Family**

Divorce is one of the most emotionally draining events you will ever go through. Do not think that it is something you need to go through on your own. As soon as possible, try to surround yourself with friends and family members who will be there when you need them. The more of a support system you have in place, the better you will be able to deal with this difficult situation.

### **Never Overspend**

Many people are tempted to go out shopping or making big purchases during a separation or early on in the divorce process. While it can certainly seem smart at the time, it will almost always backfire. The court system doesn't look kindly on individuals who try to rack up debt just prior to, or during a divorce. If the judge hears about it, they will likely assign all of the debt (and possibly more) to you rather than splitting it up.

### **Always Seek Amicable Outcomes**

When going through painful events like a divorce, many people want to go after the other party out of revenge or some other reason. While the reasoning behind this is understandable, it must be resisted. Remember, going through a divorce only takes a fairly short amount of time in the big scheme of things, but you will need to live with the results for years. If you can focus on seeking amicable outcomes that are good for everyone involved, you'll be in a much better position after the divorce has been finalized.

### **Never Lie in Official Documents or Settings**

Everyone makes mistakes. Everyone says things or does things that they shouldn't, especially in a marriage. If your spouse brings something up that makes you look bad, don't deny it if it is true. Accept responsibility for bad choices now, so that they can be put behind you. Judges, mediators, and others know that these things happen and can look past them. If they catch you lying, however, it will really hurt your case. Of course, always discuss any significant negative actions you have taken with your attorney so that they can factor it into their strategy.

### **Always be Open to Healing & Forgiveness**

Remember, even after the divorce is completed, the chances are you will still be a part of your ex's life, especially if you have children. You will both go to the kid's events, and even decades from now, you'll likely attend events for your grandchildren together. While it may seem impossible now, keep in mind that time heals all wounds, and allow yourself to be open to the possibility of healing and forgiveness. You don't ever have to be 'best friends' with your ex, but keeping in mind that someday you could at least be civil can help you to focus on the important things during the divorce.



### **Never Give Up!**

Even if the judge doesn't rule in your favor, or the divorce process seems never ending, never give up. You can always appeal bad decisions, and with a little persistence, you'll emerge from your divorce before you know it. While it is certainly difficult today, keep your eyes on the future and work your way through your divorce.

There isn't much that can be done or said to make a divorce easy, but with these simple tips you can avoid some of the most common mistakes that people make. Take a deep breath, follow this advice, and you'll get through your divorce in a good position for a great future. If you are considering a divorce, currently facing a divorce action, or you are caught up in any other family-related dispute, please do not hesitate to contact the law office of E. Jones & Associates today and let us provide you with the devoted advocacy, guidance, and compassion you deserve.