



VAN TASSEL LAW

What every divorcing couple needs to know

It is never an easy decision to terminate a marriage. Each party must have the courage to move forward into uncharted territory. Suddenly all that was known is unknown and the future is uncertain.

Take a deep breath and center on what you want and need for you and your children.

Here are some things every divorcing couple needs to know or consider:

1) You are not alone/build a team.

One of the most important steps is to build a support team. This can be friends, family but most importantly, you will need a team of professionals that will assist and guide you through the divorce. Find a support group if you need one, therapists (even if just for one session) financial planners, accountants, realtors. They are all there to help - you don't need to go alone. There is no medal for waiting it out or going it alone - find those who can and will be able to help you on this journey.

2) Keep things in prospective.

Remember what your goals are and where you want to be.

Give up some small inconsequential items and learn to look at the big picture.

There is a tomorrow. There will be life after divorce, separation or the end of a relationship.

You are building a new tomorrow a new family -

remember what is important so you can let go of what is not important.

Do not forget that you are still you throughout and after this process.

Find something to nourish your body and soul. Take time for yourself.

3) Let the kids be kids.

Children will continue to need your love, support and guidance. They do not need the burdens of the divorce. Do not place them in the middle between the parents. Importantly do not make your children, no matter what age, your confidants about the relationship with your spouse (the other parent)

Children need to know they are loved and will have a home: life will continue and they will have their friends and social life. Allow them to continue living as children. They don't need to worry about mortgages, incomes and other adult situations.

Remember that your children's lives will continue. (So will yours, no matter how confused, angry or miserable you may be now!) Let them be children while you continue to find the joy and happiness they can bring (along with the struggles of being a parent).

4) Know what you can and cannot do.

Accept that you may not get everything you want. But that you can live in a dignified manner.