

## **Ten Helpful Steps When Facing the Prospect of Divorce.**

- 1. Trust your gut.** Your gut doesn't have to dictate your choices, but it deserves to be heard. Give it a voice and pay attention to what it is telling you.
- 2. Give your partner an opportunity to change.** Sometimes one partner just needs a big wake-up call, like a potential divorce, to get his or her attention and motivate them to work on the relationship.
- 3. Accept responsibility.** You are 100% responsible for 50% of every relationship you are in – no more and no less. This is not about the division of labor in a relationship and it is not about assigning blame. Rather, it is about understanding how much power you have to effectuate change.
- 4. Gather support.** Often times close friends and family members are not going to be the best choices to be your most trusted confidants and advisors because they have their own personal investment in your partnership. A better choice, particularly early on, can be a good solid therapist.
- 5. Assemble your professional team.** Find the attorney and the process best suited to you. Don't hire the first attorney you meet simply because you want to cross that difficult task off your list. The more people you talk to, the more you will learn about the process and the more you will learn about yourself.
- 6. Tame your "Greek Chorus."** Everyone who learns about your transition is going to want to offer you advice. Although almost universally well-meaning, 99% of this advice falls into the category of "not helpful." You are the only person who can set limits on the inflow of information that is offered to you.
- 7. Manage worry.** Worry may feel natural, but it accomplishes nothing positive. To the contrary, worry consumes valuable energy that is much better invested in self-care. It takes practice to set worry aside, but you can learn how to do it.
- 8. Accept realignment.** After you and your partner separate, many of the people, places and things you shared have to realign. When it comes to people, accept the support that is offered to you and let the rest go. Everyone has to make the choices that are right for them and these choices are not necessarily a negative reflection on you.
- 9. Be coachable.** When it comes to making good choices during the process, be open to your blind spots and allow yourself to be coached by the professionals you have chosen to help you.
- 10. Pursue happiness.** The more you tend to your own happiness, the kinder, more generous and less judgmental you will become. Look inward to find happiness because everything you need to be happy and free is already inside you.