

WHY DO DIVORCES GO BAD AND HOW TO STOP IT.

A divorce never just happens overnight. The person who decided to divorce has been thinking about it for a long time. It's been hell for him/her as well. Having to make that decision is a very difficult decision to make.

But pain and the inability to change the relationship brought them to say: I want a divorce.

What they feel at that moment is:

Fear of hurting you

Fear of losing everything

Fear of making the biggest mistake of their lives but knowing that they can't go on like that.

They are in pain

They are angry

They are sad

They did not want that either. They wanted to believe in the ever happy after. They tried, and you tried too, but that's not happening after years.

But they now know this is the only solution. This is a no return point. They feel they have tried and tried too many times for anything to change. There is no hope anymore. They only see it going down from then on and can't take it anymore.

They have worked up the courage to end the marriage. It's very scary, and they also put themselves in a position of "bad guy"

And one day, she/he tells you that it's over. You have no say in the matter.

Fear rushes into your vein. Fear of the unknown, of losing everything, of not having a voice...

And this fear transform into anger.

And this is why divorces go bad. People are stuck in their emotions, mostly fear that shows up as something else: Anger, resentment, betrayal, sadness...

If you decide that you do not want to have an ugly divorce, this is at this point that something must change.

Most couple at this point are so angry that they can't see the whole picture anymore. They see the world through the lenses of pain.

The finger pointing blaming is starting and everything starts to fall apart.

Both want the same thing: To be heard, to be acknowledged, to be respected. But both are stuck and none of them can listen to the other.

And when no one can listen, no negotiation and no understanding can happen. So both hire a lawyer to represent them, to be heard.

And most of the time, not all, but most, are going worst from that moment on. Lawyers start fighting for you, focusing on the past, the painful past, and not always looking out for what is the best for your family. yes, they might have your best interest as a person at heart, but not always as a family member.

This method is the one we usually see, where the cost is in ten of thousands of dollars (the average divorce cost in the USA is \$30K per couple), and when it goes back, it is not uncommon for the divorce process to drag in time and cost going toward the hundreds of thousand dollars.

The irony of all of it is: fighting more to get peace. Wasting all the money in the name of fighting to get more money.

At the end, you get angrier, you lost a whole lot of money, you are more scared, and your family really took a toll. It will now take years to undo this hurt and to try to be able to communicate and work together with your coparent, to finally get the peace.

So, what to do, to not have that divorce?

1- Listen to your spouse.

You are hurt too, badly, especially if you were the one who did not want a divorce. And just say: I am so sorry that this is where we are now. We loved each other so much, this is not what we wanted, but here we are. I am sorry for all the hurt that I have caused you (newsflash: Yes, you are hurt, but you also were part of this marriage falling apart, and she probably tried a lot to make it work). I am sorry to see you leave. I am hurting, I want to be upset, but now we need to focus on the children. We need to make sure that they are going to be okay. Can we focus on them during the divorce?

What happens at this point? She feels heard and her pain is being seen and does not feel attacked and is now more willing to work with you instead of against you.

2- Focus on the future.

The fact is that the marriage is over. That is a fact. Now what? Build a new life! Focus on the life that you want to have and that is best for you and the family. This vision is going to be your commitment and you will keep selling it to your wife and the children. This is the moment everyone needs a leader. No one is really prepared or ready to go through divorce. There are a lot of emotions going and fears. People and kids are lost and don't know who and what to believe. It is important at this moment to shift your role from being the husband to being the father who is taking the family back to safety.

Remember that a divorce is the end of a marriage, not a family. While you will not be a husband anymore, you will still be a father, and your role is even more important now than ever. Your children need you to stand strong, to support them, and to show them that they still have a family, a mom and a dad who love them.

3- Work with someone who will guide you to get to your goals.

Now the divorce itself is starting. If you have kids living with you and properties together, then working with someone is I believe essential. Most common fights are about money. So, let's make sure that someone who really understands money helps you.

I always recommend working with a CDFA, certified divorce analyst. They focus on your financial future, instead of splitting a past. It is about making sure that you, your wife and kids are going to be okay for years and decades to go.

It is important that it is fair for everyone. Fairness is a tricky emotion as it does not mean the same for all. Emotions have tendencies to flare up at this moment, and that is why it is so important to have professional emotional support at this point. You need to have someone you can vent and unload. Not a friend, not a family as they are not trained to take you out of those emotions to bring you back to logic and make you see what you need to do, who you need to be to create the result you want.

The cost of this way is less in every way. Financially, the amicable divorce is usually less than 10K. You learn to work together as co-parents so there is no war, your kids are coping much better, and you are in a better place emotionally ready to see what the world has in store for you.

No matter who decides to have the divorce, you are two to get in it. You have a voice and you have control of how it can be done and the life after divorce you want to have.

It really is all up to you.

PS: This is written for the majority of couples. There are some rare cases where making peace is not the goal, but safety is. If there is violence, if you fear for your life, then your first goal is to get out of there and be safe.

I work with men who are ending their marriage but don't want an ugly divorce, don't want to lose everything they have worked for, don't want to lose their kid. My program is a one on one year program. That's how long it takes to go through divorce and getting ready for a new life. I take my clients through each step, design a plan of action, support them during struggles, and take them to their goal: A good life !

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