

## YOU ARE GETTING A DIVORCE or THINKING ABOUT IT? WHAT YOU NEED TO KNOW RIGHT NOW.

**Maybe you are the one asking for divorce, or maybe you were just told that you are getting a divorce. Now What?**

I created a list of things to think and do before you even start the process. Being ready for your divorce will dictate how your divorce is going to go. You have control over the way it is going to go. You just need to know what to do.

### NOW WHAT?

Now your whole world is upside down. Nothing makes sense, you have no idea what the future is going to look like, and don't know what to do. It is a stressful and scary time.

It is now important to have your head in the game and keep staying focused. A lot of emotions are going and coming from all places, but you have to stay focused.

If you were told you are getting a divorce and had no choice in the matter, you now have an advantage. You can demand the type of divorce you want. And if you are the one saying you want a divorce, you have the chance to do it right so you are leading her to the best divorce possible.

### WHAT KIND OF DIVORCE?

Most don't even know that there are different ways of divorcing. There are litigation lawyers, collaborative lawyers, mediators, Certified Divorce Financial Analyst, coaches..each has its purpose.

So before you set out to hire someone to take care of your divorce, you need to figure out what you want out of life. Now is important to look forward into the future and design a new life for yourself and for your children. Looking back only puts you into the pain, the anger and the resentment. You have to look forward, even if it sucks and hurts to have to design a new life.

**TRUTH: a divorce is the end of a marriage, NOT a family. A divorce is between a husband and a wife, NOT a mother and father.**

What does this life looks like? What kind of father are you? What person are you?

It is your opportunity to change what you did not like or always wanted. Make it great, dream big.

Once you create this place, what type of relationship do you need to have with your ex spouse to make this life great?

ex: I divorced because I wanted to be happy again. My life would be peaceful and my children thriving.

For that to happen, I needed my co-parent to work with me for the kids. I needed my kids to be happy, and they need both their parents, so I had to have a good relationship with him.

I knew that going the lawyer's way was going to strain the chance of getting along. I wanted to work with someone who understood what I wanted to build, and not destroy.

I wanted my co-parent to be happy too, so he could be happy with my kids. So I made sure that we had a fair divorce and kept working toward a future relationship.

Before you start the process of divorce, you need to know all your options and what is the best way for your families with the needs you all have.

## HOW DO I GET A GOOD DIVORCE?

"I want a good divorce, but you have to be two to want it" WRONG!!! It always starts with one person who has a vision.

Imagine at work, you have a great idea and you know it is the best for the company and everyone in it. However, it will require change and maybe a different way of doing things. You have to sell your vision to them.

It's the same thing. You have to show her why that is a great way to divorce. Just like in business, you have to show them why it is better for them. You have to address the rejections before they become one, address the fears, the wants and the needs.

Now, you cannot of course demand anything, you have to want her to do that. Always give at least two choices. The best one, and one that is not so good.

For example:

We can either have a typical divorce like most want, hire lawyers, fight and hate each other (because we all know at least one couple who went through it and the damage it caused),

spend all the money we saved for the kids, and create a tough life for years to come for everyone,

OR

We can decide that it is the marriage the did not work, leave it in the past, and focus on the future we need to create for the happiness of the children. We can have a divorce that is based on trust and respect, working together toward the well being of all and being a family for our children, and keep the money to make sure that we and the kids are okay.

### **SHE IS ON BOARD, NOW WHAT?**

Start having conversations on the different types of divorce, research the professionals that can help you reach your goals while understanding your needs.

Once you agree and commit to work together toward a good divorce for all, then you can start looking and interviewing professionals.

**TRUTH: lots of emotions are going to surface, be sure to have someone you can talk to or an outlet to let them go. If you feel emotions coming up, it's okay to acknowledge and remove yourself.**

**TRUTH: No matter who wants the divorce, it is painful. It just does not have to be destructive.**

### **WHEN TO LEAVE?**

Decide together what is the best option on how to move forward. Can you still be in the same household during the process? Do you have to separate right away?

The more you know about your future finances, the more you will be able to make plans.

Talk with a CDFA (certified divorce financial Analyst) quickly to start the process.

### **WHEN TO FILE?**

You can file at any point during the divorce. Once you file, you have a certain amount of time before you have to send all the papers to the court. If you think that you cannot trust your spouse with the money and are afraid that she/he might take it all away, then file right away.

But if you trust, then I would suggest to file once you all agreed on all fronts. Having a deadline created a lot of stress, and you end up making decisions that are not always in your best interest. So, take as much time as you need, to be sure that you find the win win for all.

**TRUTH: IN A FAMILY DIVORCE, WE EITHER ALL WIN OR ALL LOSE.**

## WHEN TO TELL THE CHILDREN?

It will of course depend on the age of the children. If they are living with you and are dependent on you, wait to know exactly what you are going to do.

Divorce is highly stressful for adults, and you still have some type of control, but children do not have that control. They need to believe you are leading them, that you know what you are doing, and that you are all going to be okay.

Just telling them that you are divorcing will only be anxiety to them. So wait until you know and can tell them what you are going to do, and how it is going to happen. The best would be to do it together, both parents. Remember, you are a family no matter what. Now is not the time to resent one another, but to find a way to work together toward a common goal: Your children.

## TRANSITIONING FROM BEING MARRIED TO BEING COPARENT

Your marriage is ending, but not your family. While you may not ever want to see each other again, you still have to work together, apart.

Everything is changing, you have to learn to not be married anymore. That means a new type of communication, new rules, new boundaries.

To make it easier, look at it as a business. You are the VP of marketing and must be working with the VP of Sales. You are not friends, in fact, might not like each other much, but you have to work together toward a common goal: make the company thrive.

Well, the family is the company. It is not about each one of you, it is about working toward the same goal. You respect each other and talk about the family. You don't have to go for a drink after work. But you have to be clear on what is expected of each one and communicate well.

## COMPASSION

This one might sound a bit much, but you have to understand that your spouse is right now scared and hurting too. She mostly has no idea what she is doing and you have to lead her to be also her best self for your kids.

She needs you to lead her, to show her how it is done. If you can find it in your heart, to feel compassion for her too. Yes, she might be the one wanting the divorce, but that's because she has been hurting for a long time, too long.

The more compassion you can have for your spouse, the nicer it gets, and the better of a man you are through all of this. Always remember that your children are watching you, and learning who to become from you.

## **TAKING CARE OF YOURSELF**

One of the worst times of your life. You have to take good care of yourself. Divorce demands of you to be the strongest and courageous you ever been. Divorce lasts a while, depending on the states you are in, but the average is about 10 months, when all is well.

Find ways to let out the anger. Biking, running, boxing, and also writing. It is okay to write all your truth. You don't have to be nice, you don't have to weigh your words, you just tell it as it is, as you feel it. Let it all out. And then, delete or burn it. Make sure to never share it, it could cause too much damage.

## **WHO TO TALK TO?**

Friends and families are going to give you so much advice. Be very careful with them. Remember, most of them either never divorced or have had a bad divorce, so ask yourself: do I want what they got?

If they don't understand what you are trying to reach, to create for your family, then do not follow their advice.

Even if you decide to see a therapist, make sure they understand your vision. Always remember that you are part of a family. Part of a whole, it's never just about you anymore. Everything that you do or say impacts others, especially your kids.

Find someone who you can load on to, inspire you to be your best self, give you the kick in the butt you sometimes need to get out of the negativity, to support you when you feel like falling apart, that has no judgment and that can be there just for you.

## **PUTTING THE KIDS IN THE MIDDLE**

Every parent would take a bullet for their kids. All they are asking you is to respect their other parents.

Even if you don't fight in front of them, they can sense everything you feel, and it can hurt them.

ex: mom is sad when the kids go to dad

Kids feel the sadness and can start getting angry at dad, or decide not to see dad anymore to make her happy, or feel responsible for her happiness, or start to lie about the good time spent with dad so that makes her happy, or feels guilty about loving dad.

See, as soon as there are strong negative feelings between the parents, the kids are caught in the middle. Getting along is always in your best interest in the short and long term.

## OVERWHELMED?

How can you not be? That's a lot of emotions and people to handle to make sure that everyone is okay. And the odds are that you never went through divorce before, or have no clue on how to do it.

1- You can start by Reading: A Family No Matter What by Sandrine Perradin (available on Amazon print, audio, and ebook). That will give you the vision and understanding of how to create a strong and united family through divorce and finding peace along the way.

2- Get Support. Contact me so we can go over your situation and see what is the best course of action for you.

I coach executive fathers how to be leaders at home when going through divorce and guide them through it step by step.

[PerradinSandrine@gmail.com](mailto:PerradinSandrine@gmail.com) [BeautifulDivorce.com](http://BeautifulDivorce.com) 720-439-1101

## ABOUT SANDRINE PERRADIN

Sandrine Perradin, executive coach for over two decades, went through divorce after 15 years of marriage and 3 children. She refused the typical ugly divorce and created a Beautiful Divorce

for herself and her family. She has since authored a book: A Family No Matter What and has been coaching home leadership to executive fathers going through divorce.