

Think Through Trade-Offs

There is always compromise at different points in a marriage... and this is one of those instances where you really need to think through the compromises that you are willing to make...as there are going to be trade-offs that come with being divorced.

The important thing is for you to get clear on what you are willing to trade off...what you want to fight for...and the things that do not matter to you at all. The clarity you have on these points will have implications on your life and your children's lives.

So...take some time to think about the things that are genuinely important to you...the things that you want to control... and what you are willing to let go...this is where you pick your battles (in advance)... then, let the rest go...

It is important not to show your hand...as you can use those points that are unimportant to you as leverage for other things that are important to you.

As you head into discussions with your spouse, there will be surprises and disappointments...moments when you think to yourself..."I thought I knew this person"...so, you need to prepare yourself and arm yourself with emotional toughness to get through these discussions.

This is a defining part of the process...as this will set the tone for the divorce, and for the relationship you will have with your ex-husband post-divorce.