



FREE TRAINING PDF

**3 CRUCIAL STEPS FOR
DIVORCING
SMOOTHLY,
PEACEFULLY AND
COST-EFFECTIVELY**

With Maria Akopyan

Step #1: Get an Emotional Divorce

An **emotional divorce** = detaching psychologically and emotionally from your spouse and the marriage.

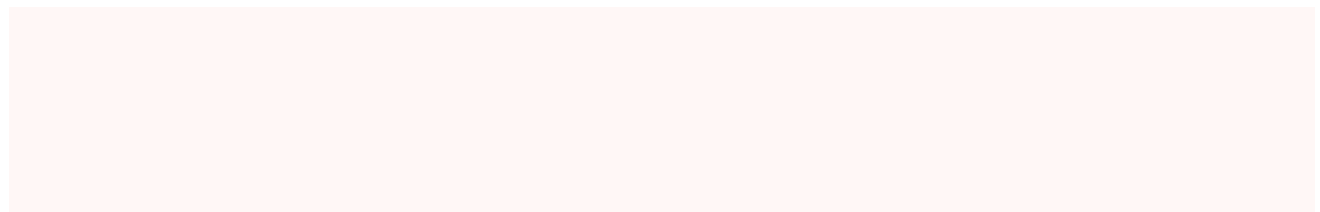
The legal and financial issues only make up 20% of the divorce process, the other 80% is purely emotional.

If the emotions are left unmanaged, they can play out in your divorce when dividing the marital estate, securing custody of the children and dealing with support.

What you need is to have a **solid self-care plan** and a **process** for moving through the emotions.

The self-care plan should calm your nervous system to stop the fight, flight or freeze reaction while also connecting and strengthening your relationship with yourself.

What might your self-care plan look like?



Where you ultimately want to get is to be able to **treat the divorce process as a business transaction.**

When you take this step and learn to manage your emotions, you can better prepare yourself for your divorce negotiations and approach them with a calm, level head.

You'll be able to better communicate, to see the big picture and stay focused on the issues at hand without letting emotions dictate your decisions and the outcome you get from your divorce.

Step #2: Optimize Your Use of an Attorney

Litigation is very expensive, time consuming, emotionally stressful, and rarely proves who is right or wrong. Even worse, it's the children who are hurt the most during this difficult process.

Attorneys bill by the hour (between \$300-\$500, sometimes over \$1,000 per hour!) The more you fight, the more money your attorney will make.

The biggest mistakes people make when divorcing:

- ➔ Jumping into litigation without knowing if that's the best option for them.
- ➔ Relying heavily on their attorney to educate them on the legal process and guide them through all the details involved.
- ➔ Using their attorney as a therapist.

According to Martindale-Nolo, the typical divorce in California is around \$17,500 for a divorcing spouse with no children and around \$26,000 for a divorcing spouse with children. They usually take one to two years, and even when they're over the fighting can continue for years thereafter.

What is the better approach that can save time and money?

Take the time to prepare, plan and research in advance. Have a more proactive role in how your divorce unfolds.

If you already have the necessary documents ready, a clear plan of action with a win-win strategy, and approach the divorce process as a business transaction your attorney can simply implement the plan or conduct little legal work, thus significantly reducing your fees by thousands of dollars.

Step #3: Think With the End in Mind

Approaching your divorce with the end in mind is the most effective way of getting from where you are now to where you want to be.

Visualizing the end result first helps you prepare and create a clear plan of action to get you through the process and build a foundation for your new life post-divorce all the while being fully attentive and present during each step of the way.

Where do you want to be and how you want to feel two years from now?

What kind of life do you want to build?

What is your mission statement that describes what you want from the divorce process?

Who do you want to be? How do you want to show up in this process?

Do you want to remember yourself as a victim or as an empowered person you are proud of?


Ultimately, how you approach your divorce from the start determines how the process will unfold for you and the outcome you'll have.

If you're ready to be proactive and get divorced peacefully, smoothly and affordably, enroll in the Divorcing With Dignity Coaching Program today!

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