

## **WHEN DIVORCE IS INEVITABLE**

By Natasha Meyers, Esq.

Obtaining competent and reliable information pertaining to legal and financial advice is important because it can move you in the direction of an easier, faster and better overall divorce experience. You must be informed and educated, develop a divorce plan or strategy, and become the manager of your own divorce case.

The necessary requirements of a successful divorce include preparation on three different levels: mental, emotional and financial. Before you start your divorce case, before you take any affirmative action, prepare yourself and think about your case, your life, your children and make a detailed, specific list of everything you want to achieve, including a divorce or separation, and see if it is consistent with your life goals and values. The issues involved in a divorce action are very specific with regards to finances, equitable distribution of marital property and assets, custodial arrangements, child support and maintenance. Your attorney will handle and guide you as to the legal issues in your case, you, however, are in charge of the emotional issues and how you present yourself during the process.

### **EMOTIONAL BALANCE**

Aside from the financial aspects of a divorce, one should not overlook the emotional toll a divorce may bring. Emotional endurance and balance are necessary and powerful tools in the divorce process. The following are just some suggestions that are passed on to our clients:

1. Get a support system in place. Make sure you get strong emotional support and encouragement from trusted friends, family, spiritual advisors or psychologists to help you through this difficult process.
2. Postpone big decisions, such as relocation, job changes or acquiring significant property until you consult with your divorce attorney.
3. Do not move or relocate without first discussing it with your attorney.
4. Talk to your children if they are old enough to appreciate the consequence of your decision. Although this is a difficult time, reassure your children that they are not the cause of your separation or divorce and explain this in a way that is consistent with your children's ages and maturity level.
5. Take care of yourself. While you are taking care of the financial aspects of your divorce, you must also take care of yourself.

## **OPEN COMMUNICATION**

Although not always the case, some divorces are settled by the spouses communicating directly with each other, in a settlement conference, expressing, in an amicable manner, what they want out of the divorce and not necessarily by their divorce lawyers or the Supreme Court. Spouses going through a divorce will both benefit, in the long run, by keeping communication lines open, especially if there are minor children involved. When both parties are represented by attorneys that concentrate in matrimonial law and both parties are able to sit around a conference table with their attorneys present and discuss all the issues in their divorce proceeding in a civil fashion, it usually leads to a more amicable divorce settlement.

## **BE AWARE OF YOUR MOTIVATIONS**

If there are minor children, your top priority should be your children and your decisions must be consistent with their best interests, not just yours. If you realize that some of the problems you are fighting about will not matter in the future, then the same issues probably do not matter in the present moment. Therefore, let go of these issues and focus on the important ones! It is a good idea to frequently reassess your actions while going through a divorce and make sure you continue to focus and move towards your ultimate goal. Choose your battles wisely!

## **CONSULT AN ATTORNEY**

Remember the often quoted slogan “knowledge is power”? Schedule a consultation with an attorney who is experienced in all aspects of New York divorce and family law and who is willing to explore strategies with you concerning your divorce case. During your initial meeting, it is wise and helpful to bring financial documents and records for the attorney to review during the initial consultation. Include as many of the following documents as possible:

- recent pay stubs
- tax returns for the past three to five years
- bank statements and credit card statements for the past three to five years
- pension and any other retirement and employment benefits both you and your spouse are entitled to receive, including year end bonuses, health insurance and life insurance
- copies of deeds to real property and statements of any mortgages or equity loans that are due

Remember, although the divorce process is difficult, emotional and more often than not adversarial, parents should always consider the “*best interests*” of their children when making such important decisions. Remember, a skilled attorney should be consulted and retained prior to any action taken on your part.

To schedule an appointment, please contact: Natasha Meyers, Esq. at THE MEYERS LAW GROUP, PC., 55 Elm Street, Huntington, New York 11743, (631) 784-7722 or visit our website at [www.bestnewyorkdivorce.com](http://www.bestnewyorkdivorce.com).

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