

Top tips for an amicable divorce



If you are thinking about a divorce in 2023, it is worth considering how your approach and behaviour can affect the process.

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Consider all dispute resolution processes

There are various ways in which you can reach an agreement with your spouse, such as attending mediation, negotiating through solicitors or undergoing the collaborative law process. Sometimes court is the most appropriate option for you, but it always pays to consider all of the alternatives.

Look after your emotional health

Divorce is one of the most stressful times of your life and you invariably find yourself relying on friends and family for support. Whether you are speaking to a friend or family member or a counsellor, it's helpful to share your feelings in order that you can process them effectively and focus on taking a pragmatic approach to your dispute. I often recommend that my clients see a counsellor as I think it is so important to be able to grieve the end of the relationship in an entirely safe space.

Take care of yourself

If you have children they will likely be the top of your priority list right now, but make sure you are a very close second. Look after your physical and emotional needs, whether that's taking the time to go for a run or walk, or



relaxing with a good book or boxset (and a glass of wine!). You are going to need energy and stamina for your legal proceedings, so looking after yourself is vital.

Focus on what you can control

With the breakdown of a relationship naturally comes with it a loss of control, and this can often send people into a tailspin of anxiety and worry. A hard reality is that you can't control what your ex-partner does, and acknowledging this at the outset can be really helpful in enabling you to stay balanced emotionally.

Try to keep your promises to your spouse

For example, if you have arranged to see the children try to avoid cancelling it at last minute unless you absolutely have to. Communication with your spouse is key, so if you are running late or need to cancel let your ex know asap.

Be courteous

Be courteous to your spouse especially when you have children. If you are planning to introduce your new partner to the children, I recommend that you discuss this with your ex first. This can be difficult in the aftermath of the relationship breakdown, but a lot of a solicitor's time and, therefore, expense can be incurred because of not only what the couple say to each other but also the way it is said.

How we can help

Remember that it will have an end point. At some point your legal proceedings will end and life will get back to 'normal', though this may not be the same normal as before.

If you would like further information on divorce or child arrangements, then please contact our expert [family law team](#) either by calling us on 01892 506191 or [get in touch](#) by completing our contact form.