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Using Strategy

Divorce Strategy for Men and Women will help you keep control of your separation and divorce so that you can reduce your financial consequences. Whether you are a man or woman, you will gain the knowledge and self-confidence you need to plan and manage your divorce with informed decisions.

Years ago when I decided to divorce, I was quite alone. I had heard of divorce but I didn't know anybody who had gone through it. The headlines usually read "Women and children of divorce most likely to live in poverty" or "Divorce empties a man's pockets". I didn't want either to happen, I just wanted a fair divorce. My feelings of insecurity grew every day until I decided to do something about it.

When you have to make a major decision in your life such as moving, buying a house, car, 401K, or RRSP, you research everything about it. Why? Because you need to know how this purchase will fit into your life and benefit you. You want to make an informed decision. You don't want to make a mistake- mistakes cost money. That's exactly how I approached my divorce. If I made any mistakes it was going to cost me money. I needed all the information possible. I wanted to reduce lawyer's costs and retain more assets.

As the months went by, my insecurities lessened. The saying "Knowledge is power" is true. My divorce no longer had control over me, I had control over my divorce.

By using strategy and making informed decisions, I had accomplished my goal. This scenario did not have wiped out pockets or poverty.

I want to share my knowledge and insights, to help you empower yourself. Don't make the mistake of letting lawyers and the legal system make decisions about your financial future. Don't assume your lawyer and the law will protect you financially. By putting yourself in a strategic position you are doing far more for yourself than a lawyer could do.

Starting out on this road, nothing in your life is as real as your pain. During this time, be prepared to feel anger, hurt, hopelessness and despair.

Don't forget to take care of yourself by exercising and eating a well balanced diet. Your feelings of loneliness, frustration and fear are normal. Find constructive and safe ways to vent your feelings. If you find the silence of the night a lonesome time, keep a radio or television on. If you begin to feel helpless go for a drive, it's an excellent way to feel in control.

Put yourself in a strong position to handle the extra stress by going to a therapist right away. The therapist will be a valuable addition to your support system.

Reduce your stress by not having a power struggle with your spouse. If you start arguing walk away or hang up and try again later. Let yourself grieve but remember that you have your friends, family, therapist and support groups to fall back on. Keep yourself busy with things unrelated to your divorce; volunteer, take classes, read. Don't cut yourself off from the world; you need to keep a clear head.

You can't control situations, you can control your reaction to it.

Panic and emotions don't have a place in the decision making process.

By reading *Divorce Strategy for Men and Women*, you are taking a positive step that will empower you to take control of your divorce. You will know what to expect and how to protect yourself. The strategic steps in this book will help you find your way through the maze of divorce related tasks.

You will be empowered with the strategies to:

- Take a more assertive and informed approach regarding your divorce.
- Ask the right questions to get the answers you need to make good decisions.
- Negotiate with confidence and knowledge.
- Decide whether to settle or go to trial.

I have included a checklist of things you must do and there are lined pages in the back of the book to write down information.

The time and effort you spend will be the best investment in yourself and your children that you will ever make.