

DSC REPORT

Biggest Divorce Mistakes & How To Avoid Them

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DIVORCE SUPPORT
COLLECTIVE

Avoid emotional turmoil,
time and money.

Biggest Divorce Mistakes & How To Avoid Them

Divorce is one of the most emotional life transitions that a person can endure.

We have designed this course to help you avoid emotional turmoil, time and money.



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1. HIRING THE WRONG LAWYER

Common Mistake

Asking friends, family or neighbours for the name of a family lawyer can be disastrous and can have an adverse impact on the trajectory of your divorce. The reason being that not all family lawyers are ethical and have your and your families best interest at heart. Just because your friend had a good experience with a lawyer does not mean you will have the same experience. Some lawyers are good for certain cases such as child custody or property settlement whilst others may insight conflict to keep the gravy train running.

Remedy

Do your research! Interview at least 3 lawyers and have a list of questions based on your set of circumstances. Use the free consultation call most lawyers offer to get an understanding of the their philosophy and advice surrounding your matter.

A very important question to ask is "Do you try to avoid family court and conflict"?

2. NOT CONSIDERING HOW LONG THE DIVORCE PROCESS CAN TAKE

Common Mistake

Depending on your circumstances the length of your divorce may take some time. If you are forced to go to family court it can end up taking years due to wait lists and protracted hearings.

Remedy

Try to mediate rather than litigate. When interviewing your lawyer ask how long they would perceive the process to take.

Resources | [How to find the right family lawyer Course](#)

3. STARTING THE DIVORCE PROCESS IN A AGGRESSIVE OR DECEPTIVE MANNER

Common Mistake

How you start the divorce process sets the tone from the beginning. Making threats, using children as bargaining tools, cutting off credit cards and having lawyers writing aggressive letters escalate conflict and the trajectory of your divorce process. Your behaviour can spiral the situation into one of high conflict straight away.

Remedy

Try to be as cordial, honest and calm with your soon to be ex spouse as possible. This can be extremely difficult, but "taking the highroad" can help you and your family avoid huge emotional and financial mistakes.

4. BADMOUTHING YOUR EX IN FRONT OF THE KIDS

Common Mistake

Badmouthing your ex in front of your children may be tempting but the ramifications are extremely detrimental on your children. It creates confusion, insecurity and may create anxiety or depression in your child. The child's unconscious belief is that there is something wrong with them as it affects the child's self esteem.

Remedy

Biting your tongue! This may be very difficult at times when you are around your children, but you will reap the greatest rewards in the future.

Resources | [Parenting Plan Course](#) | [Expert Advice Articles](#)

A photograph of a woman with dark hair and a young child sitting on her lap. They are both smiling and hugging each other. The woman is wearing a brown long-sleeved shirt and light blue jeans. The child is wearing a striped shirt and tan pants. The background is a dark, textured wall.

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Custody disputes, co-parenting, arranging access to the children — All of these can add stress and drain you emotionally, but there is no greater motivation in life than doing your best and being strong for the sake of your children, so let that be your guiding force.



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5. REFUSING TO CO-PARENT

Common Mistake

Refusing to co-parent with your ex makes your children's lives difficult and is not good for anyone.

*There are exceptions to different circumstances. For example where there is substance abuse, mental health issues or violence.

Remedy

Try to see your ex spouse through your children's eyes. Remember that your ex spouse is still your child's mother or father for the rest of their lives.

6. WANTING CERTAINTY AND FAIRNESS AT ALL COSTS

Common Mistake

It is very understandable that you want to know what will be the outcome of your divorce process. Unfortunately there is no definitive answer as each situation is different.

Remedy

Educate yourself on your rights and don't waste money on legal fees fighting over things that you may regret later. Remember that the money you pay lawyers is money you or your children could have.

Resources | [Should I or Shouldn't I Course](#) | [Expert Advice Articles](#)

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At Divorce Support Collective we believe that avoiding family court is in your families best interest.

We encourage mediation rather than litigation.



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7. NOT CONSIDERING AN ALTERNATIVE TO LITIGATION

Common Mistake

To approach your divorce with the expectation that you will go to court can have a huge detrimental effect upon your emotional health and your finances.

Remedy

Be sure to have a legal representative who favours mediation rather than litigation. Do your research and consider collaborative law if your spouse is open to this.

8. TRYING TO USE COURT AS REVENGE

Common Mistake

Refusing the legal system to make your ex's life hell can have a devastating effect on your emotional and financial health.

Remedy

Avoid family court where ever possible.

Resources | [How to find the right family lawyer Course](#) | [Financial Organiser Course](#)

9 . ALLOWING OTHERS TO CONTROL THE PROCESS

Common Mistake

Due to the overwhelm, hurt and anger that divorce can bring, we can let others take control of the process. This may be a lawyer, friend or family member. You need to advocate for yourself and be heard. Try not to let guilt and lack of confidence diminish your capacity to speak up for your future.

Remedy

Stay present and have a morning routine to help build your confidence and motivate you. It may be exercise, listening to a motivational talk or listening to your favourite uplifting music. Find a routine that helps you stay grounded and focused. Get enough sleep and try to avoid alcohol so you can have clarity.

10 . LETTING YOUR EMOTIONS GET THE BETTER OF YOU

Common Mistake

Anger, betrayal and hurt can cause all of us to lash out. Abusive texts, phone conversations, emails and face to face arguments escalate conflict. Social media can be to your detriment during divorce proceedings. Be very careful what you post.

Remedy

Try to pause whilst agitated. Use the High Conflict Institute's BIFF response. This stands for brief, informative, friendly and firm. This will help avoid hostility and conflict.

[Resources](#) | [Expert Advice Articles](#)

11. LEAVING YOUR RELATIONSHIP OR MARRIAGE FOR ANOTHER PARTNER OR A NEW ROMANCE.



Common Mistake

Going straight into another relationship can escalate divorce proceedings due to your ex trying to retaliate.



Remedy

Give yourself time to finish your divorce proceedings before heading straight into a new romance.

12. NOT HAVING REALISTIC EXPECTATIONS REGARDING YOUR FINANCIAL FUTURE AFTER DIVORCE



Common Mistake

Going into the divorce process and presuming that you will be taken care of can be very detrimental. It is really important that you get an understanding of your finances and future earning capacity.



Remedy

Get a very clear understanding and expert advice of what your future finances look like. This will help you redesign your new life going forward.

Resources |

[Financial Organiser Course](#) |

[Expert Advice Articles](#)

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emotional life transitions that a
person can endure.
But you are not alone.

We are here for you.

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