

The One Thing You Need Through Divorce That No One Tells You About



CATHERINE SHANAHAN,
CDFA



KAREN CHELLEW

By Catherine Shanahan, Certified Divorce Financial Analyst, trained mediator, and co-founder of Divorce U Solutions, LLC

No matter where you are in the divorce process...

Your husband comes home and says he wants a divorce.

You've been unhappy for years but are too afraid to take the first step to leave your marriage.

You and your spouse both want to leave the marriage, and you're going through a divorce.

you're going to need a lot of this: **patience.**

One of the biggest and most unexpected challenges of getting a divorce is how long this process takes. You are often waiting for your spouse, mediator, lawyer, or accountant to respond to you. This waiting period can cause a great deal of anxiety and stress, and often my clients struggle in what seems a never-ending game of waiting.

It doesn't help that we live in a world that treasures instant gratification. When we make a decision, we expect it to happen right now! Well, in divorce, time can be a very valuable tool and a perfect cooling-off period for both parties involved. If you're like me and lack patience, there is

no better time than through divorce to learn to value and welcome the gift of patience.

If you need help slowing down or making peace with the endless waiting experienced during the divorce process, here are some ways to help you through it without losing your hair or your sanity:

1. Make Them Wait.

Whenever you are triggered by your spouse, an attorney, mediator or your children, don't react. Take time to think about what is being said. Respond when and only when your mind and emotions have had time to process the feelings you are feeling.

Whether you feel anger, disbelief, betrayal, or deep sadness, avoid making any decisions regarding parenting or finances when your emotions run high. Only respond to what is necessary and when you have had time to assess if and what needs to be addressed. More often than not, my clients will send me the response they want to send to whoever incited their anger or pain, and, as a Certified Divorce Financial Analyst and trained mediator, I help them focus on what will make a difference in their custody and/or finances. My goal is to make sure they make decisions that move them forward to a more-positive place.

2. Focus on the Knowns. There are so many

unknowns in divorce

- Where will I live?
- Will my kids be ok?
- Can I afford to maintain the lifestyle to which I am accustomed?
- How long is this going to last?
- Will I be alone forever?
- Did I make a mistake?
- Did my spouse ever love me?
- Where is all the money and what will I end up with?

These answers will come... not today and maybe not tomorrow; but they will come in time. To make it a little bit easier, there are some things you can do:

- Begin the habit of journaling every day. Knowing and being in touch with your emotions is key in navigating through this transition.
- Make a date with your children on a regular and consistent basis. This "date" can be 1 hour or half a day. It doesn't necessarily matter how long it is... only that they can count on that time with you. They need to feel assured that some things will always remain the same.
- Ask yourself what goals you have. Write them down. If you don't have any, think of some and add one daily to the list.
- Create a budget to help you manage your finances or meet with a CDFA and complete a Lifestyle Analysis.
- If you will need a job, start looking for opportunities now.
- Focus your attention on the knowns and what you can do to move you forward. This will assuage the discomfort of waiting for the unknowns to be answered.

3. Listen.

If you have assembled the

right divorce team, listen.

If you trust the guidance offered, then follow it. Trust they know what they are doing and go back to following number 2 above. If your gut is telling you not to agree with your team, then discuss it with them. Remember, they work for you. Your voice is important, and a good team will listen to you and address your concerns. Getting the clarity you need is one of the greatest assets you can have during divorce.

See It, Believe It, and You Will Achieve It. I have used this affirmation in many areas of my life, including when I got divorced. While you are going through divorce, see your happiness, believe you will get there, and I promise, you will!

Until then, practice patience, focus on the knowns, and listen to your gut and to your divorce team. Take the right steps to protect yourself, and one day at a time you will see the light leading to a new journey and a happier you!

At Divorce U Solutions, we are two divorcees who formed a company to change the face of divorce. We use our expertise and resources to keep our clients in the loop by providing them with the clarity and confidence needed to make very important decisions. If you'd like more information about our services or how we help people navigate divorce in a positive and empowering way, give us a call or visit our website. We'd love to help.

DIVORCE SOLUTIONS

REVOLUTIONARY Divorce Prep Course

CATHERINE SHANAHAN & KAREN CHELLEW

Co-Founders

**Assess Your Needs | Develop Your Plan
Financial and Emotional Guidance**

Online Course Features:

- 11 video lessons, 2.5 total hours in 12-15 min. increments
- Self-paced and private
- 15 supplemental guides, financial worksheets & tools

Catherine Shanahan: Certified Financial Divorce Analyst (CDFA), Professional Daily Money Manager (PDMM), Trained Mediator
Karen Chellew: Experienced Paralegal, QDRO Administrator

www.divorceusolutions.com/onlinecourse