

Divorce Resources – General Organization Tips

- Always leave early for appointments. You might have trouble finding the courthouse or finding parking. You do not want to be late.
- Continue to eat and drink on a normal schedule. You will feel out of sorts if you skip meals.
- Retain normalcy in your life. Go to the gym, have dinner with the kids, go out with friends, and take care of household chores. Keeping a normal routine will help you stay focused and feel like you are living a normal life.
- Try to maintain a non-confrontational attitude with your spouse. Divorce is all about conflict, but if you can minimize the conflicts you go through, you will feel less stressed out and better able to cope with the ones that cannot be avoided.
- Take the issues involved in your divorce one at a time and focus on solutions rather than problems. If you look at the divorce as a whole, it can seem overwhelming, but if you deal with one step at a time it will be more manageable.
- Stop looking behind you. You cannot change the past, but you can deal with the present and plan for the future. Focus on what you can affect.
- Give yourself a break. You are not perfect, and you are even less likely to be perfect when you are going through a divorce. If you expect too much of yourself, you are going to feel let down if you cannot meet those high expectations.
- Do not make things into a crisis. Take a step back and try to get some perspective. Remember, this is just one small section of your life and it will soon be over.
- Develop routines that will help you get things done. Always do the laundry on Monday nights, set out lunch money the night before, put your keys in one place, and so on. Even if you were not a routine-oriented person before the divorce, try to be now.

*Be in charge of your divorce; do not let your divorce be in charge of you.
Do not let yourself fall into passivity. Make decisions, take actions, and ask questions!*



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