



5 things to know to help you achieve the best possible outcome for your divorce

Dealing with a divorce can be unexpected and feel like a huge mountain to climb. Whether you have initiated the separation or are reacting to your spouse's actions it is an uncertain and anxious time. Very few people start the process with an understanding of the emotional and financial consequences and many are not used to dealing with lawyers.

If you are considering separating from your spouse or have already done so, it's vital you get the right advice early on so that you can put yourself in the best position. We've put together our top 5 tips to help you navigate your way through the decisions you will need to make.

1



Gather your financial documents

So that you get the most out of your first meeting with a lawyer, it's important to first do some research on your current financial circumstances. Whether it's understanding the state of your joint bank accounts, checking the ownership of the family home and other shared assets, or making sure you know how much income you need, try to put emotions aside and think practically.

2



Get an expert opinion early

Many lawyers offer a free call. Speak to them to get a sense of what the process means for you and what you might face. You won't be committing to anything and it could help you get some clarity. The timing of your separation can be critical as well, so better to get advice at the outset.

3



Take care of yourself

Separating from your partner and getting divorced can be an emotional, draining and difficult process. It is important to make time for yourself so that you have a clear head to make the decisions that will affect the rest of your life. Going for coffee with friends, reading a book, attending exercise classes or whatever activities you enjoy will help your wellbeing.

4



Put your children first

If you have children your first thought will be how you're going to explain your separation. Try to tell your children together and maintain consistent parenting after you separate. It is also worth thinking creatively. There are several new technology solutions and Apps that can help divorced and separated families manage logistics. Technology can also help keep children connected to parents who are far away, allowing them to read them a bedtime story for example.

5



Make sure you see it through to the end

There are many decisions that have to be taken, sometimes at a time when you are experiencing extreme pressure. It can be overwhelming, but it is vital that once you have begun the divorce process you need to see it through to the end. If you complete your divorce without securing a financial order then you are vulnerable to claims in the future, regardless of how your financial situation has changed since separating. Figures we have obtained through a Freedom of Information request show that 65% of all divorces granted in England and Wales in 2017 and 2018 had no financial order recording a settlement at the time of divorce. In those situations, financial claims can be made by an ex-spouse, no matter how long ago the divorce took place.

We'll be with you every step of the way

Get in touch with the best family law team in Devon and Cornwall



www.stephens-scown.co.uk/personal/family/

SOURCE: Freedom of Information request to HMCTS revealed that in 2017 and 2018 the annual percentage of Decree Absolutes where at least one financial remedy order has been granted within the same case was 35%.