

## DIVORCE OPTIONS . . . Next Steps . . .

By attending a Divorce Options workshop, you've begun this life transition in a positive way. You've learned the pros and cons of four different ways to divorce. You probably already identified one or two ways that best fit your family's budget and values. Do you know what your spouse/partner thinks about which process best suits your family?

1. If your spouse has not attended the class, your first step might be to support his/her attending our free workshop. When trust has eroded, you may wish to start by saying that you want your spouse to hear *from professionals, not you*, what *all four divorce options* are, so you can both be *equally informed*, and make a *joint decision* about what's best given your family's budget and values: You set the tone for openness and good will and lose no edge yourself by inviting and including your spouse. You may avoid your spouse lawyering up for an unneeded fight. Set the tone by expressing your intention to show up for each step of whatever process you *both* choose, with respect and integrity. The same class is offered all over the state, with locations and times listed here: [CPCal.com](http://CPCal.com). Locally, we offer Divorce Options Workshops for free [[on Zoom?](#)]: [insert practice group website page here](#).

If your spouse is too upset about the prospect of divorce to talk about it, look up classes nearest him/her in the next month or two, and offer by email, and/or leave the list where s/he can see it. Being patient at the beginning of the process may help you create a more amicable and effective context for moving forward.

*Couples are rarely ready for divorce at the same time.* Consider seeking short-term (2-8 sessions), Decision or Discernment Counseling to decide with clarity and confidence to either keep the relationship as it is, separate/divorce, or invest in intensive couples therapy for 6 months. All [[Practice Group](#)] mental health professionals are equipped to provide Decision Counseling. *Regardless of what you decide or think you want*, clarity will help you both to either: a) invest more fully with clearer goals for couples' therapy, or b) share responsibility and be more agreement-ready before you move towards separation/divorce ([youtube.com/watch?v=rg0xd1kvaQM](https://youtube.com/watch?v=rg0xd1kvaQM)).

2. If you both attended the workshop (ideal), you might begin a conversation in person or by email. Email sometimes allows people to be less reactive, calmer and more respectful. Set the tone for each conversation by affirming your intention to show up with respect and integrity. *Listen first*. Ask your partner which process s/he thinks is best and why, *before "selling" or pushing your own ideas*.

3. If you agree on a process, invite your spouse to look over the website for Pasadena Collaborative Divorce ([PasadenaCollaborativeDivorce.com](http://PasadenaCollaborativeDivorce.com)) that offers professional help for all 4 options and online resources ([link to website Resources page](#)). You can each take the initial step of making a list of questions, calling and interviewing professionals, and sharing your results.

4. If you have different ideas about which process best suits your family, ask if your spouse is interested and open to listening, *before sharing the process you prefer and why*. If your spouse isn't ready to listen, make an appointment time to talk about it later. If you've both shared your preferences and you still can't agree, make a joint appointment with a professional you met in class. Get help assessing the pros and cons of each process *for your family*, so you can reach an agreement. Choosing your divorce process is the most important decision you'll make.

5. When you have the energy, there are several things you can do to begin preparing: Write down questions for professionals once you agree on a process; Gather financial documents (Tax returns for past 3-4 years, Bank statements, Credit card statements, Retirement accounts, Stocks/Bonds, etc.); Identify and begin choosing self-care resources and support systems that will steer you away from blame and negative judgments (these make the process much harder and more expensive for you and your family); and, look up co-parenting resources ([insert your website Resource page here](#)) about how to tell your children *together*, and the do's and don'ts of co-parenting respectfully to limit the negative impact on your children. [[names of THAT day's presenters:](#)]

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