

“Will life be better after divorce?”



I am often asked when I first meet with clients whether I think their lives will be better if they separate.

I can confidently say that financially, probably not. Dividing the financial resources which previously supported one household and stretching them between two, usually causes some headaches. But from an emotional point of view, probably yes.

Relationships end for all sorts of reasons. Incompatibility, infidelity, growing apart, lack of intimacy, addictions, violence, financial pressure, cultural differences, family interference – the list is endless. Of course, if you and your partner decide to tackle these problems head on through counselling, in the hope the relationship can be saved, then focusing on the reasons is essential.

But if separation is inevitable, the best advice I can give you is to surge into the future, not wallow in the past.

Marriages mostly don't end overnight, but more often than not, one person in a relationship makes the decision to end it well before the other. So, when the bombshell is dropped they've already made up their mind. It's going to take you – or if you're the initiator - your partner, some time to catch up.

So, what next? If you're the one on the receiving end of the fatal blow, how do you get through those first crucial minutes, hours, days? How do you manage the anger? How do you deal with the hurt? How can you face the humiliation? What are you going to say to the children? How do you face your fears?

The answer? One tiny step at a time.



FREE 10 MINUTE CONSULTATION

For a **FREE** confidential 10 minute phone consultation, call Managing Director, Fiona Reid.

Fiona Reid is the Managing Director of Reid Family Lawyers, a boutique specialist family law firm with offices in Brookvale and Surry Hills. She is supported by a team of expert family lawyers. The firm has a plethora of experience in all facets of family law including complex property matters, parenting matters, child support and spousal maintenance issues, relocation, de facto and same sex issues, surrogacy and adoption.



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