



MINDFUL DIVORCE PREP

Your Quick-Start Guide for a Less Adversarial Divorce

Divorce is hard, no matter what kind of marriage you have had until now. If your marriage has involved arguing, control, manipulation, gaslighting, infidelity, or abuse on any level, a bad marriage can lead right into an even worse divorce. UNLESS you have the right preparation & support for a non-adversarial approach.

As a fellow survivor of divorce, I understand what you are facing.

As a **Certified Divorce Coach**® and **Kansas Supreme Court Approved Mediator**, I have helped hundreds of women and men create effective exit strategies when they realize their marriage has become irretrievably broken. Utilizing my personal and professional experiences, I have developed an extensive, ever-growing list of over 30 important steps to consider as you divorce. You can do this with clarity and confidence.

You can prevent costly and painful mistakes.

These 8 steps will get you started.

- 1. DELAY moving yourselves and any children for as long as you can do so safely.**
- 2. TUNE IN to the Starting Over Stronger Podcast, anywhere you listen to podcasts.**
- 3. DON'T POST about anything related to this situation on social media.**
- 4. Start a DIVORCE NOTEBOOK to keep notes on important meetings, conversations, issues, etc.**
- 5. STAY CONNECTED by maintaining login access to all joint accounts, and setting up a new private, secure email account.**
- 6. MAKE NO UNILATERAL moves, such as taking someone off a life or health insurance policy. These changes must take place at the finalization of the divorce, not its initiation.**
- 7. SCHEDULE TODAY at www.StartingOverStronger.com/Services:**
 - **Discovery Calls** are for quick questions about how to get started.
 - **New Client Consultations** are for people in abusive/toxic marriages who know their spouse will not participate in a less adversarial approach, meaning they need individual support.
 - **SOS Mindful Divorce Mediation sessions** are for when both parties agree to attempt the least confrontational approach to divorce. This can happen before or after hiring an attorney/filing.
- 8. TAKE CARE of yourself, because only you can. Self-care is imperative right now.**

Book a Discovery Call if you have questions about your first Coaching or Mediation session.

Meanwhile, consider each of these early steps and be sure to ask for a copy of the **COMPLETE SOS DIVORCE PREP GUIDE** which includes financial considerations, professional consults, material possession division, record-keeping, and more to be sure you have everything you need to *divorce well, then live well.*



This helpful guide is a service of

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As heard & seen on Apple Podcasts, Google Podcasts, Spotify, Stitcher, YouTube and more!

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