

ROAD MAP CHECKLIST



THE TELLING

Who to tell and what to tell them.

- Write a list of who to tell
 - Write a draft of how to tell people
 - Talk about what to tell your children
 - Tell your children
 - Inform the school of divorce/separation
 - Tell your work
 - Dealing with unwanted advice
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THE EMOTIONS

- Allow yourself to feel different emotions
 - Come up with a list of people who you can talk to or hang out with
 - Find a therapist or support group
 - Make a list of things you can do to cheer yourself up, from your favourite meal, programmes which make you laugh or places you enjoy going to
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THE LEGAL

- Get a mediator - See our list of mediators, or ask around
 - Choose a lawyer - see our list of approved lawyers or ask people who you know have been divorced or ask for a quick chat to see who you like.
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THE ASSETS

- Get your bank statements
- Calculate income
- Calculate savings, investments and pensions
- Calculate

THE CO-PARENTING

- Decide the boundaries and rules – preferably agree on them with partner
 - Try to establish a good routine with children and co-parent
 - Try to involve your child in making their new home comfortable
 - If possible, have small try to show your children that you get on – e.g. greet your ex and ask how they are, help your children do fathers/mothers day cards etc
 - Support the relationship with your ex even if your child is taking sides
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THE REBUILDING

- Think about what do you like/not like
 - Think about where you want to be in 10 years
 - Think of how to get there one step at a time
 - Every week, plan something which helps you grow and feel like you are building your new life
 - Try and think of new ways to meet people
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THE DATING

- List what you enjoyed in past relationships
 - List what you no know what you can't live with
 - Decide if you feel confident enough to feel worthy of love.
 - Think about what you want your life to look like (new partner will have to fit)
 - Read our dating blogs to see how dating has changed
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LINKS

- [Divorce Club](#)
- [Divorce Club Events](#)
- [Divorce Club - Blogs](#)
- [Divorce Club Directory](#) (the largest online Divorce directory in the world)