

## **Dos and Don'ts During the Divorce**

Don't lose control of yourself or your temper. Keep your emotions in check.

Do keep your divorce lawyer updated, but don't call numerous times a day. Save up several questions or items for discussion before calling. Talking to your attorney's paralegal may be just as helpful and cost you less. Ask your attorney what you can do to help him or her.

Do think about what you would like to see happen when the divorce is finalized. Think about what things are most important to you, and what things you are willing to give in on.

Don't have unrealistic expectations regarding the divorce. You may not get everything you want just like in the marriage. It is best to make your demands reasonable.

Do gather and organize your paper work. If you leave things like this for your attorney or a paralegal, it will end up costing you more.

Don't be afraid to rely on your own judgment.

Don't let friends and relatives steer you too much - use your own judgment and get through this your own way. However, confiding in and getting moral support from one or more close friends can help immensely.

Do listen and follow your divorce attorney's advice.

Do perform a thorough inventory and accurate valuations prior to dividing up property. Make a list of marital assets including description, year purchased, purchase amount and present value. Also make a list of marital debts including description, year acquired, interest rate and present amount owed.

Do be precise when negotiating child custody and visitation. Get specifics on the court record to spell out which parent gets to do what and when and which parent is responsible for what.

Don't let stress or depression cause you to give up your routines. Exercise, good eating habits and resting will help get you through major challenges.

Don't avoid therapy or counseling when a little help of this type could go a long way. Using your divorce attorney as a therapist does not count and is not cost effective.