



ak Tree Mediation

FINANCIAL EXPERTS. SIMPLE DIVORCE.

The “Emotional” Do’s & Don’ts of Divorce

The Emotional Don’ts

- Don’t use your attorney/mediator as your therapist. S/he will charge you by the hour for that.
- Don’t discuss the details of the divorce with your children. They are not equipped to handle the emotional strain being placed on them.
- Don’t make promises to the children that you cannot keep especially extravagant ones.
- Don’t make your children feel like a "guest" in your new home.
- Don’t put your spouse down in front of your children.
- Don’t question your children about what your spouse is doing.
- Don’t refer to your visitation with your children as "Your time" and base things around your schedule.
- Don’t rehash the things that have happened in the past, you can't change what has already ready happened
- Don’t use your children as messengers. This puts them right in the middle.
- Don’t use your children as bargaining chips.
- Don’t stop your children from seeing the other parent because he or she owes you money.

The Emotional Do’s

- Do get professional help if needed.
- Do make your children feel that your new home is also their home.
- Do remember that your children have a social life. They have soccer, birthday parties and friends. It is important that their social life be as normal as possible. They are not the ones who are divorcing, you are. So let them maintain a normal social calendar.
- Do show respect towards your spouse in front of your children.
- Do make sure that your children know they are not the reason for the divorce.