

**A Guide to the Best &
Most Reliable **Online**
Divorce Information**



The DIVORCE

& Custody

RESOURCE HANDBOOK

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INTRODUCTION

Hi ! I'm Dr. Reena Sommer.

I am a relationship and divorce consultant. For the past 18 years, I've spent much of my time assisting people during this very stressful and often painful time in their lives.



I am pleased to present to you, my newest ebook, The **Divorce & Custody Resource Handbook**. As you read through it you will find that it is loaded with information, advice and valuable resources which will not require you to take one step away from your computer.

Please take your time reading this ebook. Make sure to refer back to it as you need throughout the divorcing process.

I welcome your comments and suggestions. Feel free to [email](#) me.

HOW TO READ THIS EBOOK?

There are a couple of ways to read this book - either online or offline. Frankly, it doesn't really matter which way you choose - as long as it suits your needs

Online - This ebook can be read from your PC or laptop while online. Throughout the ebook you will find links to online resources. You will be able to recognize them because they are [blue](#). To be able to access the linked websites using these hyperlinks, you will need to be connected to the internet.

Offline - You can also read this ebook offline - either from your PC or laptop, or if you wish, from a hardcopy you make by printing the ebook. Remember though - you won't be able to open any of the links.



Fortunately most of us experience the trauma of divorce only once.

Because of that

- feeling confused is commonplace,
- a lack of understanding of the complicated legal process is to be expected, and therefore
- we fear the life changing consequences of making the wrong decisions.

If you've found the ondivorce boards have made life easier, access the full collection of archived discussions, selected on the basis that they are complete, informative and relevant - "positively brimming over with good advice"

Use the experience of others to help you

- understand your situation
- explore your options, and
- make better informed decisions



For a £10.50 contribution towards the cost of running and developing the site you will receive all three Financial ebooks (with updates). As always, it is essential visitors leave in a better shape than when they arrive so

- also included are all the **Legal and General Discussion ebooks** (currently there are four books) **FREE OF CHARGE**, as well as
- a **100% money back guarantee** if you are not entirely satisfied

To find out more click **here** or on the book above.

FOREWORD

This ebook is set up as a free resource to provide information, advice, tips and resources to people getting divorced. All of the information and its related resources within this ebook do not require you to move beyond your computer.

As I said, this ebook is free and I encourage you to pass it on to whomever you feel may benefit from it.

Web marketers, you are welcome to customize this ebook and use it as free content on your website or ezine. For more information on how to do this, [click here](#).

Whilst this book was originally written to help individuals in North America, you will see that it primarily focuses on areas other than the legal aspects of divorce. It will be therefore be of great assistance to anyone going suffering the trauma of divorce, no matter where they reside.

CHAPTER ONE - So You're Thinking About Getting a Divorce

If you are reading this ebook, then you belong to one of two groups of people:

- ✓ you're going through the divorcing process or,
- ✓ you know of someone who is.

In either case, you've made an excellent decision in choosing this free ebook because as you will find that it will provide you with tons of information, resources, tips and advice on the divorcing process.

And besides being free, what separates this ebook from all of the others found on the internet, is all the information contained within this ebook will not require you to move an inch away from your computer to access it. That's pretty darn good considering how stressful it is going through this process.

Are You Shell-Shocked by the Decision to Divorce?

I don't know of too many people who have gone through a divorce without at least some disruption to their lives. To say the least, getting divorced is unsettling. It requires that you to make decisions make changes and re-organize lots of things in your life.

It's very normal to feel stressed, anxious, sad, angry and depressed during the divorcing process. These feelings can go in cycles and at times they tend to cluster together. Sometimes people describe themselves as being on an emotional rollercoaster - feeling up one moment and down the next.

You need to know that this is a quite common experience for people

going through a divorce. It is an emotionally trying time and people's ability to cope is often stretched to the max. The good news is that for most people going through divorce, this difficult time is usually short lived and does pass.

CHAPTER TWO - Should I or Shouldn't I? I Can't Make Up My Mind!

Are You Still In Doubt?

If you feel confused and a bit frightened about the prospect of ending your marriage, then once again - you are not alone but in good company.

Most people contemplating divorce experience times when they vacillate between “biting the bullet” by starting divorce proceedings and “sticking it out” by staying in the relationship. This is perfectly normal, Contrary to popular belief - or actually the perceptions of those whose spouses have left them - the decision to leave a relationship is a very difficult one to make. Very few people impulsively decide to walk out on their marriages.

Ending a relationship is not easy. Aside from the emotional investment people make, there are other considerations like children, homes, cars, savings, bills, pensions to keep in mind. Unraveling a marriage, especially one that is longstanding is a challenge to say the least. And what makes the process even more difficult is having to make important decisions at a time when you're feel most vulnerable, stressed and emotionally drained.

It's always difficult to know for sure if you are making the right decision. What may feel “right” one day, may seem “wrong” the next. To help you in your important decision making, I strongly recommend that you read Karl Augustine's ebook, [**A Practical Guide to Deciding Whether or Not To Get a Divorce.**](#)

Karl tackles the most important issues in making this important decision such as:

- ✓ The Mindset You Need to make this Important Decision

- ✓ Why Marriage is Tough No Matter Who You Are
- ✓ The Supreme Value of Having Confidence in Yourself
- ✓ Are You Letting Other People - Your Kids - Influence Your Decision Making?

Karl also provides “Action Items” throughout the book. These are designed to get the reader to think and then DO something about their situation.

Another excellent resource is Susie and Otto Collins’ ebook, [“Should I Stay or Should I Go”](#). This ebook is filled with hundreds of questions, stories and insights that will help the reader consciously determine whether to stay in a relationship or to move on.

Some of the things you will learn from reading this ebook are:

- ✓ Know whether you really want to stay in this relationship or move on
- ✓ Find out what you really want in a relationship and whether you'll be able to have it in this relationship
- ✓ Identify the real issues going on in this relationship (they may not be what you think)
- ✓ Understand the communication challenges going on between the two of you
- ✓ Show you how the way money is handled in your relationship may be causing major problems without you even knowing it
- ✓ Tell you what to do if there's physical, emotional or sexual abuse going on in this relationship

- ✓ Give you a new way of thinking about how addictions affect your relationship
- ✓ Identify how patterns from your past may be unconsciously ruining your relationship right before your eyes

Ending a marriage rates high on the list of “important decisions” a person has to make. Decision making at this time should therefore never be taken lightly because the consequences of a premature “wrong” decision outweigh the consequences of delaying making “any” decision.

My advice is - when in doubt, wait! Unless it is a matter of life and death, delaying your decision for 24 hours will not make a measurable difference. Alternatively, rushing into a hasty decision could be disastrous.

If you are among those who feel you want to give your marriage one last chance, Lee Baucom’s ebook, [“Save Your Marriage Even If Only You Want To Work On It”](#). I am the first to say that if a marriage can be saved, the effort should be made in that regard. As a relationship consultant, I have personally observed marriages that were already in divorce court turn around and survive. Dr. Baucom’s ebook provides useful strategies for learning how to forgive, coping with anger and learning how to communicate more effectively.

“Stop The Train, I Want To Get Off!” - How To Reverse The Divorcing Process?

I have to be perfectly honest with you. The percentage of people who start down the divorce route who successfully turn it around is very low. As I stated in the previous section, I have seen it happen so I can tell you that it isn’t impossible.

What it involves is commitment, a lot of hard work and a very good marriage counselor who really knows his or her stuff.

In my travels on the Internet I have found two resources that I feel are worthwhile looking into if you seriously want to explore the possibility of stopping your divorce.

- ✓ The first one deals with a problem that plagues many couples and is often the cause of many marital break-ups - sexual dysfunction. I am of a strong belief that most problems that show themselves in the “bedroom” have their origins outside of it. The challenge is what to do about it.

You will be able to get some valuable insights about this common problem from Dr. Atwood’s ebook, [“Hopeful Solutions to Your Sexless Marriage”](#)

Many couples lose sight of what is really important in relationships. Although they get married for all the right reasons like wanting companionship and an opportunity to build a life together, too often once they take their vows, they get side-tracked by their careers, children, financial concerns. Consequently, their relationship begins to take a backseat and a rift starts developing. Without their knowing the underpinnings of their relationship erode.

- ✓ [“Saving Your Marriage with Love, Trust and Commitment”](#) by Emanuel Fox and Raquel Fox helps people get back to the important cornerstones of relationships even if they have strayed far from each other.

CHAPTER THREE – Dealing With Infidelity

And What If There's “Another” Man or Woman?

It's hard enough to get your head around ending a marriage when there are just you, your spouse and your children. Add to the mix a bit of infidelity and you will put a whole new twist on the situation. Whether you are the “cheater” or the “cheated”, the presence of another relationship will undoubtedly not only raise the threshold on upset feelings (and that's putting it mildly), but it also has the potential for making the divorcing process be that much more difficult.

For the “Cheater”

If you are the one who is involved with someone else (i.e., having an extramarital affair), then I strongly advise that you place this new relationship on hold until you sort out your marital situation. I say this for two very important reasons:

- ✓ First, it's next to impossible to sort out your feelings about your spouse and marriage (and your future) when there is someone else in the “wings”. You need to be able to assess whether your marriage has a future by assessing it based on its own merits - and not because there is a better option with someone else.
- ✓ Second, and more importantly, if your spouse learns that there was someone else in the picture while you were supposedly “working on your marriage”, this will surely add resentment, anger and hostility to the divorcing process – again, making it that much more difficult and stressful.

I've written [“The Anatomy of An Affair”](#), an ebook which provides some interesting insights into why affairs begin in the first place. Basically, it operates on the premise that most affairs are not about sex. Instead they occur because there is a flaw in the relationship. In other words, at some point one or both spouses realize that “needs”

are not being met. Although this idea may infuriate those who find themselves on the receiving end of infidelity, it nevertheless makes the point that “good” marriages are rarely at risk for infidelity.

For the “Cheated”

If you suspect that your spouse may be having an affair, then it is important that you find out what is really going on. Having unverified suspicions that drag on and on only adds unnecessarily to feelings of ill will and stress. And should there be no basis for your continued suspicions, this in itself could very likely ruin a marriage as easily as infidelity.

No doubt the easiest way to get to the truth of the matter is for your spouse to provide you with the “straight goods” on what is going on. However, often times this just does not work either because the spouse’s denial of the affair is not believed or the cheating spouse is simply unwilling to fess up. This then leaves the onus on you to get the information you need to confirm or dispel your suspicions.

Edward Talurdey’s ebook, [“The Art of a Cheat”](#) helps readers get the answers they need. His strategies and techniques will get you the evidence you will need to once and for all allay your concerns. He outlines some telltale signs of infidelity such as sudden changes in behavior, cell phone records and credit card charges that don’t add up.

CHAPTER FOUR - Ready To Move Forward

Developing A “Plan of Action“

Believe it or not, most people contemplating divorce tend to focus on getting away from the arguments and all of the other aversive things in their relationship and miss a whole lot of very important issues with long term consequences. Often the desire to escape the acrimony, leads people to make very poor decisions such as walking away from child support or an equitable financial settlement.

If this is where you are at, you need to continue reading and pay attention to the following list of things that need to be taken into consideration before you speak to your spouse about ending your marriage.

IMPORTANT INFORMATION

Here are some of the things people do during the divorcing process that cost them a lot of money:

- ✓ They under-estimate their spouse's reaction to the divorce - they fail to recognize how upset their spouse really is
- ✓ They assume that being reasonable and conciliatory with an unreasonable spouse will lead to an equitable settlement
- ✓ They erroneously believe that the court will provide justice
- ✓ They erroneously believe that the divorce laws which espouse equity will prevail

Continued....

Continued...

- ✓ They do not provide their legal adviser with realistic or factual information about their situation
- ✓ They fail to understand that with divorce new boundaries need to be established - that things change when a couple separates and when divorce proceedings begin
- ✓ They sabotage their legal adviser's efforts to represent them effectively by sharing information with their spouse, by not allowing the legal adviser to word documents in a particular way or by not following through with legal adviser's advice
- ✓ They fail to provide clear and ambiguous instructions to their legal advisers
- ✓ They erroneously believe that they do not need to be actively involved in their case

Recently, Michael Daniel and I co-authored the ebook, ["How to End a Marriage"](#). It details 21 essential steps involved in this process.

Here are just a few of the sub topics covered in the ebook:

- ✓ The Three Risk Factors in Divorce
- ✓ Getting Over Guilt
- ✓ Fear of What People Might Think
- ✓ Getting Off the Emotional Roller Coaster Ride

- ✓ Discover the Rules of Making Good Decisions
- ✓ Understanding the Divorce Process
- ✓ Getting Divorced Without Losing Your Shirt

Here's a sample of what you will read in our ebook - [“How to Cope When Your Spouse Goes Ballistic With the News That You Are Leaving”](#)

Getting Divorced Can Be Expensive - So Being Prepared is Essential!

I can tell you that there is no absolute way to guarantee that your divorce will go smoothly or without a hitch. However, I can also tell you that there things people do that almost always guarantees that they won't. I am here to help you lessen the chances of things going badly.

First of all, did you know that a contested divorce could easily cost you £10, 000 or MORE?

Are you shocked? Don't be.

Think about it - the average hourly fee for a family lawyer is £160. When you consider that you will be charged for every moment an legal adviser works on your file (doing research, preparing documents, making phone calls, communicating with the opposing lawyer, dictating letters, reviews correspondence and court documents, meetings), you can start to see how quickly a legal bill can be run up.

If you are interested in saving yourself a bundle of money in your divorce, then you will be interested in reading Michael Daniel's

ebook, [“How To Legally Save Yourself Thousands of Dollars on Your Divorce”](#). As a co-author of one of my own books, I know that Michael is an impeccable researcher and his material is superb.

Here are just a few of the topics Michael covers in his ebook:

- ✓ What is the most effective techniques to finding a GREAT lawyer?
- ✓ What should you watch out for when you first meet your lawyer?
- ✓ Three things make the biggest difference to your divorce costs. And what to do about them?
- ✓ What does your lawyer NOT want you to find out? And why should you find out anyway?
- ✓ Why are divorce costs often under reported?
- ✓ Discover some amazing things your lawyer WILL charge you for?
- ✓ Charges you would be crazy not to know about before hand.
- ✓ What should you NEVER discuss with your lawyer? It’s not what you think!

There are two other ebooks that I think are worth mentioning, mainly because they are written by lawyers and they each provide advice from a legal perspective in a way that a consumer can understand. Both these legal advisers offer their legal expertise as well as years working with divorcing clients to inform them about what they need to know about getting divorced.

Here is a very worthwhile ebook written by an attorney. [“The Tao of Divorce”](#) by Stephen Fuchs gives you the straight goods based on years of experience representing divorcing clients. You will learn how

to survive the divorcing process by preparing yourself effectively for the often stressful and grueling challenges associated with the legalities of divorce. This ebook is worth its weight in gold and costs just a fraction of what you would pay for a consultation with a lawyer.

[**The Divorce Primer: Divorce Basics for the Consumer**](#) is another excellent book written by an attorney. Jean Mahserjian, a divorce and family lawyer helps make sense of what the divorcing process is. In very plain and non legalistic language she demystifies what is involved in getting divorced. I really like the ebook because it offers people options at a time when having choices are most appreciated.

TIPS ON PREPARING TO SEPARATE

Take an inventory of your personal and joint assets and liabilities (don't assume that you will have another opportunity to do so once you are out of the home)

Get a handle on your personal and joint finances (get a list of bank accounts, credit cards, stocks, investments etc.)

Arrange to take your name off your spouse's credit cards

Develop a realistic budget to carry you during the next few months

Arrange for a preliminary consult with an advisor

Realistically assess the level of acrimony in your divorce - this step is critical because if you under-estimate things, it could cost you thousands as well as your relationship with your children

Consider your future living arrangements - unless you are the one planning to move out of the family home, consider having Plan A & Plan B - don't assume that your spouse will necessarily agree to your wanting to remain in the home

Only after you have done the above, should you consider telling your spouse that you want to end your marriage.

CHAPTER FIVE - Getting Started

Understanding Your Divorce Options

There are two basic ways your divorce can play out:

- ✓ Amicably, or in a
- ✓ Dragged our fight in court

Clearly, it's in everyone's best interest to settle a divorce quickly, reasonably and in a cost effective manner. However, this is not always the case because peoples' emotions, greed and desire to retaliate often get in the way. Unfortunately in the end, the only ones who benefit from a protracted court battle are the lawyers who invest considerable time arguing issues in court that could otherwise be settled through rational negotiations.

While it is not always possible to avoid court - particularly when your spouse may be taking a very unreasonable position on things, there are two options that are gaining increasing popularity in divorce law. These are [Mediation](#) and [Collaborative Divorce](#). Both utilize the principle of negotiation as well as a genuine desire to avoid court as a method of resolving differences. If you feel that you and your spouse are candidates for either of these approaches, I strongly urge you to consider them as alternatives to going to court.

Finding A Legal Adviser

Next to arriving at the decision to divorce, the next most critical step in the divorcing process is finding the right legal adviser. While the saying "you get what you pay for" applies in many situations, I am of the belief that when it comes to legal advisers, getting the highest paid legal adviser may not always be the best option. Clearly, if you have a complicated financial situation, you need to have an legal adviser who is experienced in dealing with large settlement cases. In

these situations, you don't want to have an legal adviser fresh out of law school handle your affairs.

I usually suggest to clients to call around and speak to a few legal advisers before making the decision to retain one. It is also good to get feedback from friends and relatives who have gone through a divorce. With the divorce rate approaching 50% there is a real good chance that you will know a number of people who have gone through the process. Unless you have no assets, equal paying jobs and no kids, then you will want to have a legal adviser (rather than a general adviser) represent you.

To help get you started, here are several directories where you can find a family lawyer in your area:

- ✓ [Community Legal Service Direct](#)
- ✓ [The Law Society](#)
- ✓ [Solicitors Family Law Association](#)

Don't feel in a rush to retain the first legal adviser you speak to. It may be wise to "interview" (yes interview - you are the boss here) two or three legal advisers and then decide which is the best one for you. One thing to consider is how the two of you actually hit if off. You will be spending considerable time with your legal adviser as well as shelling out considerable money for his or her services. It is therefore critical that you establish a good working relationship together and feel confident that this individual can represent you effectively. If you have any concerns in this regard, continue shopping around until you are satisfied.

One other important consideration in selecting a family lawyer is their approach to divorce. At one time the only solution to a contested divorce was to "litigate" - or in other words, fight it out in court. Today, there is another option called "Collaborative Divorce".

SURVEY FINDINGS

In a recent survey I conducted on a two large divorce online forums the overwhelming majority (78.4%) of respondents indicated that a lack of understanding of the divorce process was one of their TOP CONCERNS!

To help you in your decision making process you may be interested in reviewing my e-Report, [“Your Divorce, Your Attorney & You: Getting It Right From the Start”](#).

Educating Yourself

If you are like most people getting divorced, this is probably your first (and hopefully - your only) time that you are going to go through the process. And unless you are a lawyer, you probably know little about how to get divorced or how it will impact on your life and that of your children.

Its essential that you educate yourself appropriately about all the things you need to know about getting divorced. There are plenty of websites and books available. You will find www.ondivorce.co.uk an excellent starting place where you will also be able to make contact with others with similar experience to your own.

- ✓ Check out Millennium Divorce’s [Divorce Forms](#). These are invaluable resources that are categorized by state. By using them you will save time and money when it comes to settling your divorce - even if you have retained a lawyer. This is a way you can be proactive and take charge of your divorce

- ✓ Check out www.divorcesource.com. You will be absolutely amazed at the range of resources this one website has. You will find referral lists for lawyers across the U.S.A. and Canada, divorce forms and a mortgage, income and child support calculators. The nice thing about this website is much of the information is available for free!

Learning About the Divorcing Process

There is a lot to know about getting divorced. Unfortunately, most people don't take the time to familiarize themselves with what is involved because they are usually emotionally taxed when the bottom falls out of their marriage. As well, people in this state tend to rely on their lawyers to guide them along. While lawyers are certainly well versed in the law and legal procedure, they frequently fail to recognize their clients' anxieties and need to be better informed about the divorcing process.

Understandably, the divorcing process is foreign to most going through it. The most common areas of confusion for clients are as follows:

- ✓ The different steps involved in litigating a case & why things take so long to happen
- ✓ The experience of going to court - what is involved
- ✓ Preparing oneself for going to court
- ✓ Different options in negotiations & why being reasonable does not always work
- ✓ The tactics (and reasons behind them) as used by legal advisers to stall or frustrate the process

- ✓ Arriving at a settlement
- ✓ Realizing that the final settlement is far from what was originally expected and why that happens
- ✓ Coping with the increased acrimony caused by the divorcing process
- ✓ Finding ways to pay legal fees
- ✓ Learning how to gain control over the process and finding ways to work most effectively with the legal advisers

TIPS ON DEALING WITH THE STRESS OF DIVORCE

- ✓ Try to contain your worry - don't let your worry and upset rule you and consume your entire day - learn how to compartmentalize your life so that you have the energy and presence of mind to enjoy the more pleasant parts of your life
- ✓ Find activities that give you pleasure and make time to do these things.
- ✓ Exercise is a great stress reliever - it also has the benefit of making you healthier, stronger and leaner
- ✓ Surround yourself with supportive people - those who care about you and are willing to be non-judgmental.
- ✓ Invest in a good therapist or a parenting and [divorce consultant](#) (more about this later).

Having worked with hundreds of divorcing families over the years and being aware of their concerns, I realized that there was a huge gap in the information available for people going through divorce. I also realized that they were not getting the information from their legal advisers and it was also likely that they were too overwhelmed to seek out the information in a book.

SOMETHING TO THINK ABOUT!

Of the 407 top divorce-related search terms, 242 (or 59%) of them pertained to children and/or parenting following divorce.

So I came up with a solution that I think is quite appealing to people who need the right information in a fast and easy way. I put on my thinking cap and put together an e-Course entitled, [**“Divorce 101: Things You Are Unlikely to Hear From Your Attorney”**](#). The nice part about it is that it is available as a downloadable audio file. This means that there is no reading involved - just listening to a audio version of an e-Course that answers questions to divorcing clients’ major concerns. It’s really a “no brainer” and extremely helpful.

CHAPTER SIX - When Kids Are Involved

FREE MINI-COURSE!

I've produced a seven part minicourse entitled, "Arming Yourself for Your Custody Battle". It's loaded with lots of useful information about how to cope with this challenging situation. [Click here](#) to sign up. Just type "subscribe" in the subject line.

In divorce, children are high stakes commodities. Sounds cruel? You bet it is! And just for the record, custody disputes are on the rise. The obvious question is why?

The answer is rather simple. Most custody battles are not about children. They are about money and/or revenge. This is how it works...

Children are highly valued by most parents and parents feel extremely vulnerable at the thought of losing their children or their love. On the other hand, money is also highly valued and people feel vulnerable at the thought of losing it. Is this starting to make sense?

Children and money are two highly valued assets. If one is being threatened, the best way to defend against losing it is to attack the other. So, if a parent is fearful that he or she might be "taken to the cleaners", the best way to protect oneself is to use the children as a "bargaining point" or "pawn".

On the other hand, a spouse may feel betrayed by his or her spouse leaving the relationship (particularly for someone else). When this happens, the embittered spouse often retaliates by punishing the other spouse by alienating the children.

Both these situations are regrettable and more importantly they are

heartless and selfish. In situations when children are thrown in the middle of their parents' dispute and are exposed to the details of their parents' conflict, it can be down right abusive.

Although these situations are thankfully not the norm in divorce, they do exist in increasing numbers. A quick search of the Internet will produce hundreds of websites offering resources for parents struggling with custody battles.

Some are better than others. It is worthwhile taking a look at www.ondivorce.co.uk as it has a comprehensive archive, chat rooms and provides much more than a venue for people to vent.

Visit this group and others such as:

- ✓ [Divorce Strategy Central](#)
- ✓ [Separated Parenting and Access Resource Center](#)
- ✓ [Other Divorce Discussion Lists](#)

Visit these groups and others. Many will allow you to read their posts before joining. Once you've had a look around, you will be in a better position to decide which ones best meet your needs.

TIPS ON SELECTING A DIVORCE DISCUSSION GROUP

Aside from determining if the group content is for you, here are two things you should keep in mind when selecting one:

- ✓ Is the group moderated?
- ✓ Are there rules about posting and general conduct?

These two conditions are generally signs of a better quality discussions forum and one you will likely enjoy and benefit

Parenting and Divorce Coaches

It may seem a bit bizarre and unnecessary to hire someone to coach you how to parent especially since this is something you've done on your own for sometime. But as I stated earlier, divorce is a stressful and challenging time of life.

Just as important - most divorcing parents are ill-prepared for the changes, concessions and compromises that accompany ending a marriage. It would be wrong to assume that the way things were before (i.e., sharing of responsibilities, decision making, involvement and finances) will remain the same following a separation. In many cases, under involved parents become more involved and in other cases, involved parents become less involved. In some unfortunate cases, some parents simply walk away from their parental involvement and responsibilities.

To help parents adjust to new parenting arrangements, there is an emerging specialty called "parenting and divorce coaching". These individuals have professional backgrounds in psychology, family therapy or social work but more importantly, they are also trained and experienced in the areas of divorce, family dynamics and child development.

Parents who have used the services of parenting and divorce coaches have found it is a cost effective way to work through some of the difficult challenges that accompany divorce with someone who is highly skilled. To learn more about parenting and divorce coaches [click here!](#)

Parenting Plans

One of the most critical aspects of settling a divorce when children are involved is developing an effective and workable parenting plan. In spite of its importance parenting plans are often overlooked or not given the attention they deserve.

A parenting plan is a blueprint for how both parents will provide care for their children as two individuals who no longer share the same home. A well developed parenting plan deals with much more than time sharing arrangements. And most importantly, a parenting plan takes into account the changing needs of children as they grow and mature.

PARENTING PLAN TEMPLATE

I developed a [parenting plan template](#) that you are welcome to download for your own use or share with others who may also benefit from it.

This parenting plan template is easy to use and will guide you through the steps needed to address the important aspects of your parenting role.

You will find it to be a very useful tool in settling your divorce even if you are caught in a custody dispute.

[Click here to download now!](#)

Coping With Children's Distress During Divorce

It is very normal for children to react to their parents' separation and impending divorce. Think about it... if you're upset and stressed out, your children will be so as well. While adults have the maturity and capacity to understand what is going on, children do not. When they see their parents upset, they respond in kind.

Even very young children (those under four years of age) react to the changes in routine. It is unreasonable to expect any child to not notice or respond to the changes that accompany divorce.

Not knowing what to do only adds to parents' stress during an already challenging time of life. Check out [**"The Divorcing Parent's Guide to Coping With Children During a Difficult Time"**](#) for some helpful insights and tips on lessening the burden for your children and yourself.

CHAPTER SEVEN - When Custody Disputes Turn Ugly!

The Case of Parental Alienation Syndrome

Parental Alienation Syndrome or PAS is a phenomenon that develops almost exclusively as a by-product of separation and divorce.

The late Richard Gardner M.D. coined the term “PAS” in the early 1970’s when he started to write about behaviors that he observed in children whose parents were divorcing. In particular, he noted that among some of these children, their once warm, loving and healthy relationship with both parents prior to divorce suddenly altered to the extent where one parent was loved and the other one was outwardly despised and rejected.

Upon further investigation, it was found that the “loved” or “preferred” parent had coerced the child into a partnership of maligning and denigrating the other parent. Therefore, PAS is a condition where one parent deliberately attempts to sever the relationship a child has with the other parent and in doing so, he or she engages the child in the vilification of the other parent.

ARTICLE ON PAS

I created a short user friendly discussion on PAS. You can read it [here](#).

Back in the 1970’s when PAS was first identified, mothers were most often reported as the parent responsible for this regrettable situation. Today, there appears to be an even split between mothers and fathers who initiate PAS in their children.

WHO IS RESPONSIBLE FOR PAS - MOTHERS OR FATHERS?

It is thought that the shift in the initiators of PAS from being predominantly an issue involving mothers to one that is now equally shared by both mothers and fathers as having to do with:

- ✓ Fathers playing a more active role in their children's lives
- ✓ The increase in dual income families
- ✓ Child support based on both parents' ability to support their children

Based on the factors just identified, you can now see how finances play into the mix. However, the more important issue regarding PAS is how it plays out in custody battles.

PAS is very controversial. You may ask, how so? The answer has to do with strong "political" underpinnings which tie into the issue of child support and who pays it. PAS quickly evolved into a gender war with two factions involved: the feminists and the fathers movements, each presenting very strong opposing views. Unfortunately, the attention given to the politics of PAS has taken away from the real issue - that children are being used by parents who are selfish and motivated by revenge and money.

Many parents are confused as to what exactly constitutes PAS. What needs to be clearly understood is that PAS goes far beyond one parent "badmouthing" the other. In true PAS, there is a campaign of denigration of the targeted parent that includes the involvement of the children in the process. The critical issue is that the children are

active participants in demeaning, denigrating and rejecting the targeted parent.

There is no shortage of PAS resources on the internet. Simply use the search terms, “parental alienation syndrome”, “parental alienation”, “PAS” or “Dr. Richard Gardner”.

PAS ONLINE RESOURCES

- ✓ <http://www.rgardner.com/refs/>
- ✓ <http://www.coeffic.demon.co.uk/pas.htm>
- ✓ <http://www.parentalalienation.com/PASdirectory.htm>
- ✓ <http://www.deltabravo.net/custody/pasarchive.htm>
- ✓ <http://home.att.net/~rawars/>

How to Know If Your Children Are Being Affected By PAS?

Many parents mistakenly assume that their children are victims of PAS. AS I said earlier, the critical issue in PAS is that the children cooperate with the alienating parents in the campaign of denigrating and rejecting the targeted parent. It is much more than children’s observed loyalty and/or upset with a parent that is often observed in children following their parents’ separation.

Dr. Gardner identified the following criteria as indicators of PAS:

- ✓ There is a campaign of denigration initiated by the alienating

parent and involving the children

- ✓ Weak, frivolous or absurd rationalization for the deprecation of targeted parent
- ✓ Lack of ambivalence on the part of the children for their conduct with respect to the targeted parent
- ✓ Children exhibit the “independent thinker” phenomenon - I.e., they attest to not being influenced by anyone
- ✓ Reflexive support of the alienating parent
- ✓ Absence of guilt
- ✓ Spread of animosity to the extended family of the targeted parent

What Can You Do When You Believe That Parental Alienation Syndrome?

Parental Alienation Syndrome is a very serious problem. If any of the above criteria describe your child’s behavior, then do not ignore it thinking that it will subside or go away on its own. That is not how PAS works.

Unfortunately, the alienating parent typically does not stop the process until there is formal intervention or until the children are completely alienated from the other parent - no longer requiring their input. If you believe that PAS is affecting your children, then act now - DO NOT WAIT!!

Because PAS is not well understood, many legal advisers and judges lack familiarity of it and consequently, they are often not able to quickly

Identify it. In light of this, it is imperative that you do not exclusively rely on your lawyer to formulate a PAS argument in court. As a parent and a client, you must provide your lawyer with the information that he or she will need to convince the judge that your children are being adversely affected by the other parent's actions.

The first step in dealing with PAS is to recognize it.

The second step is to educate yourself and your lawyer.

When it comes to informing your lawyer about PAS, it is best to do so with a credible, concise and readable document that summarizes the relevant issues that differentiate PAS from the normal adjustment problems seen in children of divorce.

I've prepared a fully referenced e-Report entitled [**"Children's Adjustment to Divorce: The Case of Parental Alienation Syndrome"**](#). It cites the most current theories and research on the subject and clearly outlines how PAS develops and what to do about it.

For more information, [**CLICK HERE!**](#)

CHAPTER EIGHT - When The Dust Settles...

Even the ugliest and most acrimonious divorces do finally come to an end. And when they do, many are left wondering, is there life after divorce? And if there is, what will it be like and how does one move on?

After all the months (and for some - years) of legal wrangling, there is an almost empty feeling when it is finally over. The challenge for many is to be able to pick up the pieces, reconstruct lives and to move on. This is often easier said than done.

Because prolonged contested divorces tend to be expensive, there is almost always a significant financial hit to be dealt with once the final legal bills are dealt with. That's not to mention regrouping after the settlement figures are established.

Getting Involved in a Relationship - Again

Most separated people do not follow this advice - however, I will give it anyway. For the record, it is best to give yourself at least a year to decompress following a marital/relationship break-up. Why?

There are a number of reasons but the main one is that the stress and emotion associated with separating often clouds one's thinking when it comes to relationships. And although there is often a huge pull to be connected to someone caring, if you haven't completely closed the door on one relationship, it may cause you to get involved in another for the wrong reasons.

It is also important for people to take the time to get to know themselves and their own needs. The best way to do that is to be by themselves because it is only then, can they really get in touch with who they are - without outside interference or distractions.

Finally, if there are children, they will likely need your attention. Having a new relationship brewing will not only be a distraction but it will most certainly be a source of jealousy for your children.

To learn more about the process of rebuilding your life following divorce, check out [“Lifeline After Divorce”](#). It’s not an ebook but a divorce recovery program that helps people regain control and confidence in their lives.

AFTERWORD

I hope you found “*The Divorce and Custody Resource Handbook*” of benefit as you embark on a challenging period in your life.

I welcome your comments and suggestions as I am committed to making this document as responsive as possible to the needs of people going through divorce.

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