

## Now You Are Divorced, What's Next?

How are you going to move on? The entry of the Judgment of Divorce in and of itself is not going to improve your life. The divorce simply changes your legal status from being married to being single. What you do as a result of the change of status is now up to you.

The transition from being married to being divorced can be frightening, confusing and, often times, a lonely experience. As you move into the new status of being single, you should analyze honestly and carefully who you are, what you want to do and what you need to make your life complete.

Attorneys are not psychologists or mental health professionals and we have no expertise in those areas. However, regretfully, we see many clients struggle as they transition from a married life to a single life. Remember, it is fully within your control to decide what and how you want your new life to be. For example, how do you want to relate to your now ex-spouse? If you have children, it is inevitable that you will have to relate to them.

How and under what boundaries do you want to govern those relationships? Correspondingly, what do you expect of your children (even adult children) with regard to your ex-spouse and your respective continued relationship in their lives. It is not fair to your children, whatever their age, to leave them to guess as to your expectations and to establish the ground rules which you and your spouse have re-established on your own.

With younger children, it is extremely important that you discuss with them and give them guidance and direction as to how they should relate and feel about yourself, your ex-spouse and their respective times with each of you. Inevitably, as life goes on, there will be new third persons in your respective lives. You must discuss with them to relate to your children. You must discuss with the children how they are to relate to the new third parties.

For example: Are the new parties going to be given the authority to discipline your children? What names do you wish the children to call them by? How do you expect them to begin developing a meaningful role in your child's life?

You may have to face the question as to whether or not you wish to return to work. In some instances, it is a financial necessity that a divorced person return to work. In others, it is of significant social benefit that a person have employment responsibility, co-workers and a work or professional life that gives them new growth and opportunities.

You should consider where you want to live. Is the area in which you lived as a married couple still conducive to your new lifestyle and desires? Are there areas that are less expensive, where the taxes are less or more financially or socially friendly?

In short, you must now think creatively to create for yourself a new life and new opportunities which will bring you the happiness and fulfillment which you had hoped to obtain but did not during your marriage.