

**TOP SEVEN THINGS YOU SHOULD KNOW  
IF YOU ARE THINKING ABOUT A DIVORCE:**

1. Find the right lawyer; one that you have a consultation with, face to face. Your whole case is centered potentially around two lawyers. Hopefully both parties will hire likeminded and meditation minded lawyers who will support you and your family through this rough time.
2. Start with a settlement in mind. Be prepared that you may have to fight, however, think settlement and negotiations.
3. Don't disparage the other parent. This may be difficult yet the higher ground will always serve you best. Remember the other parent is part of your children and saying bad things about the other parent leaves your child thinking there is something bad about them.
4. You want to create a civil relationship with the other parent. You will be in each other's lives forever.
5. Do not have adult conversation with your children. Especially things they are not able to change, this will only hurt them in the long run.
6. Your children are not tools or pawns and should not be a part of this process. Don't use them to pass notes, comments or child support checks to the other parent. They are children, allow them to be children.
7. Be present with your children! They are only young once and the time will be gone before you know it. The fight over the tea pot set will not matter some day when they are 20 years old and you missed out because you were fighting with the other parent.

If you are interested in making your marriage work or finding a solution to be a better parent should you choose to leave this marriage. The horses and I would love to help you get some peace in your life either in this marriage or out. This would also be a great place for the children to learn how to cope and express their needs and desires.

Let me know if I can support you and your family with one on one coaching or one of our individual or group classes. I look forward to keeping you in the "Lope" with all our classes and retreats in the coming months ahead.

**REMEMBER LISTEN TO THE WHISPER!**



Visit us at [WithersWhisper.com](http://WithersWhisper.com) | Call 970.682.4405 to schedule a FREE exploratory session.