The Six Secrets to Divorcing Well

1. Accept things as they are
   - We don’t have control over many changes in our life
   - Our grief is greater when we resist these changes
   - This moment, as it is, is the beginning of the rest of your life

2. Choose Your Lens
   - How we view our life situation is a choice
   - An ending is not necessarily a failure
   - Will your lens be one of war or peace?

3. Don’t take the Bait
   - Antagonism can trigger resistance and aggression
   - When we are aware, we can choose to respond differently
   - Observe the gap between feelings and response

4. Be Compassionate
   - Compassion for others is a rich source of inner peace
   - Your anger is your biggest enemy – foster loving-kindness
   - Label your thoughts; be a compassionate observer

5. Honor the Process
   - Holding onto the past and/or fear of the future interferes
   - Be in the NOW
   - Allow yourself gratitude for today

6. See the Big Picture
   - The tenor of your divorce sets the stage for your new life
   - You will have an ongoing connection with this person
   - Look 5, 10 years into the future; how small will this all be?
Divorcing Peacefully Do’s

1. Do use boundaries for civil communication.
2. Do remember that your children are ½ your spouse’s DNA.
3. Do own your part in the relationship.
4. Do be open and fair about finances.
5. Do move on to the new chapter of your life.

Divorcing Peacefully Don’ts

1. Don’t hire a killer attorney.
2. Don’t treat your spouse like they’re the enemy.
3. Don’t badmouth your spouse around others.
4. Don’t deny the children access to their parent.
5. Don’t wallow in the ‘tragedy’ of your life.

Resources:
www.womansdivorce.com
www.peacefuldivorce.ning.com
www.childcentereddivorce.com