



I LISTEN & HELP

# TOP 10 TIPS TO STAY SANE *during divorce*

Practical Advice to Help You Navigate  
Divorce With Strength and Clarity

Matilda M. Bailey, CDC Certified  
Divorce Coach

[www.ilistenandhelp.com](http://www.ilistenandhelp.com)  
[ilistenandhelp@gmail.com](mailto:ilistenandhelp@gmail.com)  
(203) 912-2489



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**Divorce can feel overwhelming, but with the right mindset, strategy, and financial awareness, you can navigate it with clarity and confidence.**

**Here are my Top 10 Tips to help you through the process.**

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01

## Get Clear on What You Want

Before making any decisions, **define your short-term goals** (custody, financial stability) and **long-term vision** (independence, future relationships). This clarity will keep you focused and **prevent emotional decisions** that don't serve your best interests.

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02

## Control Your Emotions, Not the Process

Divorce is emotionally charged, but decisions made from anger, guilt, or fear often lead to regret. **Use mindfulness techniques** and **seek support** from a therapist or coach to process your emotions, so you can approach negotiations with a level head.

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03

## Know Your Finances Inside and Out

Understanding your **assets, debts, income, and expenses** is crucial. Get financial statements, tax returns, and credit reports **organized**. If you're not financially informed, **consult a divorce financial expert**— knowledge is power.

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04

## Choose the Right Process (Not Just the Right Lawyer)

Litigation, mediation, and collaborative divorce each have their pros and cons. Your choice should **align with your goals, budget, and emotional readiness**. The wrong process can escalate conflict and cost you financially and emotionally.

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05

## Don't Fight Over Everything— Pick Your Battles

Not everything is worth a court battle. Ask yourself: "Will this matter in five years?" Focus your energy on critical issues like **custody, financial security, and long-term stability**, not revenge or trivial items.



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06

## Protect Your Mental and Emotional Well-Being

Divorce is more than a legal process— it's a **personal transformation**. Prioritize self-care, therapy, or coaching to **manage stress**, build resilience, and **create a positive post-divorce future**.

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07

## Communicate Strategically (Not Emotionally)

Every email, text, or conversation with your ex (or their lawyer) should be **clear, calm, and purposeful**. Avoid venting or using communication as a weapon— it can backfire legally and emotionally.

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08

## Consider the Kids First, Always

Divorce is hard on children, but how you handle it makes all the difference. Shield them from conflict, avoid badmouthing your ex, and **co-parent with respect**. Their **well-being** should be the **top priority**.

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09

## Plan for Life After Divorce— Not Just the Divorce Itself

Divorce is temporary, but your new life isn't. Start thinking about your financial independence, career, home, and social support. The **better you plan now**, the **smoother your transition** will be.

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10

## Get Expert Guidance

Lawyers, financial experts, and divorce coaches are there to guide you, but no one knows your life better than you. **Stay informed**, ask questions, and make decisions that **align with your future**— not just your current emotions.



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NEED GUIDANCE?

*let's talk.*

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learn more:

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**You don't have to do this alone.**

Divorce isn't just an ending— it's a new beginning. With the right strategy and mindset, you can emerge stronger, wiser, and ready for your next chapter.