



What is Important to Remember

Collaborative Settlement Process

for Separation & Divorce

02.

Emotional Rollercoaster

What is Important to Remember:

Your feelings will fluctuate throughout the separation process. This is normal.

If low feelings persist and are interfering with your ability to function, seek help/support immediately.

If you have suicidal thoughts that involve an action plan, seek medical attention at your closest hospital immediately.

What to Consider:

- Seek out a family professional and/or financial professional for a neutral consultation;
- Seek out a collaboratively trained lawyer for general legal information;
- Knowledge is empowering and can help keep fear in check;
- It's not wise to make emotion-based decisions;
- A rushed process is one that is often regretted later.

