

10 Things You Should Not Do During a Divorce

Divorce can be a very challenging time for anyone. Emotions can run high, and it's easy to make mistakes. Here are some of the things we recommend that you should not do during your divorce for a better outcome.

1. Don't hide information from your lawyer

Always keep your [divorce lawyer](#) up to date. They can only help you if you keep them informed, so provide them with all the information they need and don't hide anything from them. If you have made a bad decision, it's best that they know.

2. Don't rush to reply to communications from your spouse

It's good practice when emotions are running high to take your time before replying to communications. Don't rush and end up saying something you regret. At the same time, remember to keep a record of all your communications.

3. Don't use the joint account

If you have a joint account, stop using it during your divorce process, and don't add any money to it. Use your own account and keep your money separate from now on.

4. Don't get into (more) debt

Now is not a good time to get into debt or get into more debt. You may not have as much money around as before, but being careful now will help out later on.

5. Don't forget about your children's feelings

This one probably goes without saying, but try to avoid saying negative things about your spouse in front of your children. This will be a difficult time for them as well, so don't force them to take sides.

6. Don't focus on blame

It may be hard to do, but try to avoid focusing on blaming your spouse for everything. It's easy to assume you are blameless, but try to be honest with yourself.

7. Don't hide assets

It's a bad idea to try and hide assets during a divorce. It's important to be open and transparent, otherwise it could have negative consequences for you in the divorce process.

8. Don't take advice from everyone

You'll probably receive no end of advice from friends and family, but be careful whose advice you take. Every divorce is different, and their experiences from their own divorces may not apply to you. Try to stick to taking advice from your lawyer.

9. Don't post about it on social media

Avoid rushing out and posting information about your divorce on social media, where there will be a record of your comments. You don't have to keep it a secret, but be careful about what you say.

10. Don't let your emotions get the better of you

It's easier said than done because divorces can be very emotional, but try to put emotions to one side. Act reasonably and do what you can to prevent the process from becoming more difficult than it needs to be. Try to avoid doing anything that you might regret later on.

Help Your Divorce to Go Smoothly

These are a few of the things you should try to avoid doing during your divorce. It can be difficult, but keep these in mind, always ask your [family lawyer](#) for advice if you are unsure about anything, and you'll have a better chance of ensuring your divorce goes smoothly.