

A close-up photograph of a person's hands. The left hand is holding the right hand's ring finger, which has a gold ring on it. The person is wearing a white long-sleeved shirt.

Thinking about
divorce or in the
middle of one? You
must watch
out for the...

10

Divorce Mistakes You Can't Afford to Make



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I know that divorce is overwhelming - that's why I became a coach to help women the way I wish I had been supported.

This list comes from my experience with thousands of women - plus work with divorce professionals across the country.

*Oh, and I don't want you to make the mistakes I made myself! My motto is live, learn and pay it forward.
Amy xo*

10 Divorce Mistakes You Can't Afford to Make

- ☐ **Choosing the wrong type of divorce.** Mediation can save you a lot of money and a great option if both parties are willing. But it usually doesn't work with a narcissist – and they can use it to delay so beware of traps.
- ☐ **Rushing the process.** The decisions you make can affect the rest of your life so you want to get this right. Whatever is in your agreement is extremely difficult to change later. Take your time making choices.
- ☐ **Going solo.** It takes a team - supporting your emotional, legal and financial health - to help you through divorce. The agreement you sign is a binding legal document. Professionals know the things you don't.
- ☐ **Not preparing for your attorney.** There are steps you can take that help reduce the hours your attorney has to spend with you - like preparing financials and information in advance.
- ☐ **Failing to prioritize self-care.** When you take scheduled “breaks” from the divorce, you can handle the emotional roller coaster much better.
- ☐ **Letting emotions rule you.** You need to keep emotions in check to focus on making the best legal and financial choices. Vent to a coach or therapist but not to your more expensive attorney. They will charge you!
- ☐ **Taking advice from cousin Sue.** Friends and family care about you - but that doesn't mean they are divorce experts. Your situation is likely different than theirs. Trust the pros.
- ☐ **Giving in under pressure.** It's normal to want it all to be over. But your spouse could be trying to wear you down so you give in to their demands. Stay strong!
- ☐ **Believing family court is fair.** Many of us thought it was when we started this process but faced a rude awakening. You can learn from us - so educate yourself on the current issues in custody and divorce.
- ☐ **Hoping for the best.** Believing your ex will “do the right thing” can prompt you to leave financial and parenting plans too ambiguous. I have seen many women regret this deeply when their ex does not do the right thing! Make sure your agreement is specific so you protect yourself.



You've Got This !

I hope you found this list helpful. It's my mission to help women take their power back before, during and after divorce! Education is power. I work with women one-on-one for individual coaching, run a virtual monthly support group (find my free Facebook community for Strong Savvy Women) and am launching a course called "Divorce Decoded: Your Path to Freedom." I hope to see you there. Learn more on my website and follow me on social media for more tips!

Amy Polacko xo

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