

Divorce: Facing the FEAR Factor



- having a year or more of intense emotional stress

These are real, rational fears. We've all had friends who've experienced one or more of these fears during and for a long time after going through a divorce. But it doesn't have to be that way.

We've all been told that the best way to handle fear is to face it head on. This is absolutely right. It's amazing how

many of the things we fear end up being no problem at all if we "just do it."

Each of those fears about ugly court battles with barracuda lawyers, biased judges; not to mention the loss of dignity, relationships and financial support problems, can be removed from the picture completely if you mediate your divorce, instead of fighting it out in court.

The idea of mediation is to let you and your spouse negotiate and decide on the terms of your separation, both financial and for the kids, with the help of a creative, neutral third party, the mediator. You and your spouse don't have to "get along" for it to work. You can actually be in separate rooms, if need be. The mediation sessions are private and confidential

and there's no bullying or intimidation allowed. You can both work at your own comfortable pace, not the Court's schedule. Sometimes the process can be completed in a few weeks, and for others, it may take six months to over a year to handle the emotional side of the split and complete the whole process.

Importantly, when you and your spouse reach an agreement, the chances are extremely high that you both will live up to it. Since you worked it out together with the help of the mediator, each person's concerns and views were heard and taken into consideration. You worked it out and determined your future, not a third party like a judge or jury. This means a more secure and stable future for your children.

Lastly, the cost is significantly less than a court battle, in fact, as much as 70 to 90% less. That helps reduce stress and preserve the finances. If you are facing a divorce, consider doing mediation, instead of going to court.

You may find the process reduces fear and increases the chances of a better, more confident future for you and your children.

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When Franklin D. Roosevelt said "We have nothing to fear, but fear itself", he certainly wasn't thinking about getting a divorce. People are afraid of the process, and rightly so. That fear is perfectly justified and here are some of the reasons why.

They fear:

- an ugly and embarrassing court battle
- being verbally attacked by their spouse's lawyer
- getting a biased judge
- losing their kids
- destroying their financial future
- having a long term battle with their soon-to-be ex spouse over parenting time, child and spousal support
- losing their dignity and privacy



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