

Communicating with Your Ex in a Divorce

One Page Reminders

KEEP YOUR EMOTIONS IN CHECK

Calm, controlled, brief & factual is best

AVOID HIGH CONFLICT LABELING

Avoid blame, criticism, or defensiveness

RECORDED CONVERSATIONS

Legal in some states - can be used against you

KEEP IT IN WRITING

Maintain email communication when possible

HAVE A KID-FIRST MINDSET

Think about how you want to be remembered for

INITIAL RESPONSE ISN'T THE BEST

Don't reply with your knee-jerk reaction

JOURNAL YOUR EMOTIONS

Release your emotions & explore their roots

HAVE A MANTRA

A reminder that brings out your highest self

PRACTICE SELF-CARE

Prioritize your well-being with comfort & grace

www.PeaceofMindDivorce.info

DISCLAIMER: The information provided is for educational purposes only and does not act as legal, financial or psychological advice. While the insights may have wide applicability, readers should consult with an attorney, CPA, financial advisor, therapist or coach in your state to obtain advice with respect to your particular issue and/or case.

