



Navigating the Emotions of Divorce

Insights from Kimberly Cook



Divorce is a challenging and emotional process that affects many individuals and families. In a recent webinar, Kimberly Cook, a partner at Schiller Ducanto and Fleck, shared her knowledge on navigating the complexities of divorce. As a distinguished divorce attorney and mediator, Kimberly provides valuable insights into the emotional and legal aspects of divorce.

Common Concerns During Divorce

Kimberly explains that the divorce process is inherently anxiety-inducing. Clients often worry about financial stability, such as whether they can maintain their current lifestyle or if they will need to pay spousal or child support. For parents, concerns about decision-making and parenting time are paramount. The stage of the marriage and whether the decision to divorce was mutual also influence these concerns.

Managing Emotions and Decision-Making

Emotions like anger and betrayal can cloud judgment during divorce. Kimberly emphasizes the importance of separating emotional and legal issues. She advises clients to seek support from mental health professionals to navigate the emotional aspects of divorce. Recognizing the different stages of grief, such as denial, anger, bargaining, and acceptance, helps in understanding and managing clients' emotions.

Communicating with Children

Discussing divorce with children is particularly challenging. Kimberly highlights the importance of age-appropriate communication and avoiding blame. She advises parents to be honest about the uncertainties and reassure their children that they are doing their best to figure things out. Keeping children out of the decision-making process is crucial to protect their well-being.

Strategies for Cooperation

Kimberly suggests strategies to foster cooperation between parents, such as putting oneself in the other parent's shoes and breaking down concerns into manageable parts. Prioritizing concerns and addressing them step-by-step can help reduce the chances of becoming overwhelmed and facilitate productive discussions.

Division of Assets

The division of assets, including vacation homes and business interests, can be complex. Kimberly starts by understanding what each spouse knows about their financial situation. Educating clients about their finances and gathering information from various sources is essential for a fair division of assets.

Working with Financial Advisors

Collaboration with financial advisors is crucial during the divorce process. Kimberly recommends having a professionals' meeting to align goals and manage client expectations. Clear communication and asking questions help ensure that everyone is on the same page and working towards the client's best interests.

Differences in Divorce Experiences

Men and women may experience divorce differently due to societal expectations and personal backgrounds. Kimberly notes that women tend to file for divorce more often and may face unique challenges, such as paying spousal support. Understanding these differences helps tailor the support provided to each client.

Timing and Process

The duration of a divorce depends on various factors, including the readiness of both parties and the court's schedule. Kimberly advises managing expectations and considering alternative dispute resolution options like mediation to expedite the process. On average, an amicable divorce without children may take around nine months, while more complex cases can take longer.

Supporting Loved Ones

For friends and family supporting someone going through a divorce, Kimberly stresses the importance of setting boundaries and recognizing one's strengths. Offering specific support, such as connecting them with professionals or providing financial assistance, can be more effective than trying to be everything to everyone.





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