

## REBUILDING AFTER DIVORCE



Phoebe P. Hall,  
Esquire



Julie M. Cillo,  
Esquire



Melissa S. VanZile,  
Esquire

Couples who are able to maintain a long and enduring marriage face the normal ups and downs of life but do not have the added task of rebuilding their lives and their finances after a separation and divorce.

On the other hand, people who have gone through a separation and divorce have the difficult task of rebuilding their lives and finances as they move on from the divorce. Often, they have found new strengths and new joys to help them progress. Rebuilding frequently entails a new residence, new friends, a different lifestyle, a different budget and managing on your own without the other person. How you approach these changes largely controls your level of satisfaction with your new life. Whether you and your ex-spouse engage in ongoing conflicts also affects the quality of life after divorce. Some people simply cannot let go of the fight while still others find that life changes result in new issues they can't control.

Even when things have been settled by an agreement or court order, complications can arise after a divorce. This can include changes in your ex-spouse's life or in your life or simply the changing needs of growing children. Issues can arise about remarriage, moving, changing jobs, changing schools, step parents, relocating out of the area, custody, visitation, and support. How you approach these changes largely controls your level of satisfaction with your new life and can have a major financial impact as well.

Those who have approached the divorce in a cooperative and problem solving manner usually have an easier time approaching the changes that occur after the divorce. Couples who have learned how to communicate and work together as separated parents usually deal more easily with the issues that come up. Couples who cannot talk to each other and who fight over every aspect of parenting their children most often end up in a heated conflict over post-divorce issues at some point in their children's development.