

MEN'S DIVORCE GUIDE



 Johnson & Smith, LLP

22 Main Street, Los Angeles, CA 90025

(310) 123-4567

www.JohnsonAndSmith.com

Dan@JohnsonAndSmith.com

A Peaceful Divorce by Design



Neil James Dan Johnson Martha Smith Chris English

Your divorce settlement is important. And how you get there matters a lot.

Our Collaborative Divorce service makes a difference

When Dan Johnson began practicing family law in the early 1990s, he knew there had to be a better way to help clients than taking their cases to court. “Divorce litigation cost a lot of money and dragged cases on for months,” he recalls. But he soon learned about Collaborative Divorce — an alternative method of dispute resolution outside the adversarial system. Johnson and his partner, Martha Smith, are both seasoned collaborative attorneys who are trained to resolve divorce cases using this process. With their Collaborative Divorce service, you can get through your divorce with less stress, expense, and conflict.

A high rate of out-of-court settlement

Today, the law firm of Johnson & Smith has a stellar reputation in Los Angeles County for resolving the vast majority of its cases through collaborative family law. “In Collaborative Divorce, you and your spouse retain your own separate attorneys who will work together with settlement as the only goal,” Smith explains. “The best part is: both attorneys sign an agreement stating that they will resign should the process break down and you want to litigate. So everyone is committed to finding a non-adversarial solution.”

Serving you with top-rated legal skills

Johnson and Smith are highly respected by not only clients but also other divorce lawyers and judges. Johnson is a Fellow of the American Academy of Matrimonial Lawyers and has an AV

rating in *Martindale-Hubbell*. Smith is a past-president of the California Bar Association, is listed in *Best Lawyers in America*, and has been profiled in *Newsweek* and *The Los Angeles Times*. Both have represented numerous celebrities in their divorces.

Financial and child-custody expertise

“I also have training in asset valuation,” Johnson adds, “which is extremely valuable if your divorce involves significant property issues. And if your case warrants it, we will bring in a financial advisor. Furthermore, Martha has experience as a child advocate, so we cover different aspects of your divorce.”

“Come to us for peaceful divorce resolutions,” says Smith. “We can help you design a divorce settlement agreement that is best for the future of you and your family.”

Contact us today to book a free initial consultation and start designing your peaceful divorce.

 Johnson & Smith, LLP

22 Main Street, Los Angeles, CA 90025

(310) 123-4567

www.JohnsonAndSmith.com
Dan@JohnsonAndSmith.com



Men facing the challenge of divorce often struggle to find the answers, insights and advice they need during this difficult and confusing time.

In this special Men's Divorce Guide, you'll find hand-selected articles, book excerpts and more that focus exclusively on men's divorce issues. Use the useful and practical information in here to help you safely and successfully make it through your divorce, and into your new life ahead.



contents

4 Is it really over

Learn the ways women express themselves, the reasons for staying or leaving a marriage and how to handle the question of whether your divorce is really over.

7 Concealing Information From Your Lawyer

This family lawyer presents eye-opening "real life" examples of how concealing information during divorce can backfire.

10 The Emotional Consequences of Infidelity and its Impact on Divorce

When the emotional impact of infidelity is unresolved, the divorce process can be turned into a costly and stressful battle — one that lasts far beyond the end of the marriage.

12 Rageaholics: Abstain from These Behaviors

An effective action plan for what we can do to control our anger.

16 The Single Father

Some practical and positive tips on how to adjust to being a single father.

19 The Way Home

A father's insight helps him see divorce through his child's eyes.

20 Popular Myths About Shared Parenting

Let's unravel some common myths and prejudices about shared-parenting.

22 It's Your Life, Take Charge!

Some practical suggestions on getting through divorce more easily.

24 Keep in Contact with Your Ex About the Children

Solid communication between you and your spouse is imperative to limit confusion for your child.

26 More Helpful Information @ www.divorcemag.com

27 FREE TeleSeminars/Your Divorce Community



IS IT REALLY OVER?

Learn the ways women express themselves, the reasons for staying or leaving a marriage and how to handle the question of whether your divorce is really over.

By Sam Buser & Glenn Sternes

When a marriage ends, most of the time it is the woman who makes that decision. Constance Ahrons, a leading authority on divorce, reports that between two-thirds and three-quarters of divorces are initiated by women. So the majority of this article addresses how guys respond when the woman leaves the marriage. However, sometimes it is the husband who decides the marriage is over. Therefore we include answers for many of the questions that men ask when they decide to go. *Is it really over?*

Before a woman leaves a relationship, especially a marriage, she usually makes a lot of complaints about why she is unhappy. If the complaints fall on deaf ears, the woman will usually intensify her complaints, perhaps with a different twist. If she concludes that it does no good to complain to her man, she may eventually give up the complaining, but that doesn't mean she's satisfied. It means that she has given up trying. For most women, it takes years before they are truly convinced that nothing is going to change.

How was I to Know She was Ready to Leave?

Many guys are surprised when their woman leaves, despite the fact that she may have been threatening to leave for years. Maybe guys get a false sense of security from endless threats. It's like the story about the little boy who cried "wolf" too often. After a while, the villagers stopped believing him. Maybe you stopped believing your wife's threats as well. Or maybe you knew she was mad or unhappy; you just didn't know she was *that unhappy*. Remember that, in general, women are less likely than you to express their feelings directly; especially when they know it will cause a conflict with you. If the two of you have tried discussing problems before to no avail, then she's probably not going to tell you that she's fed up enough to leave.

George came home from work one day to find his house empty, his kids gone, and a note on the fireplace mantle stating, "I've filed for divorce." Stunned, he walked outside, only to be confronted by a sheriff's deputy who asked his name. The deputy then officially served him with papers indicating that his wife was suing him for divorce. "I never saw it coming," he told the psychologist as he paced the consultation room during a meeting of a men's group.

"Didn't you know she was angry?" asked one of the group members. "Well, I knew she was mad, but I didn't know she was *THAT* mad," he replied. George then went on to describe detailed complaints that she had made for years — all of which he had essentially ignored. The only surprise, really, was that she had waited so long to leave him. He got lulled into a false sense of security because she had not left him before. Sometimes, the handwriting on the wall is quite clear, if we could just see it.

Why Wasn't She Honest with Me about Leaving?

If your wife left you, and you had no clue it was coming, it may have been because she was afraid of your reactions. If there has been a history of violence

between the two of you, she wisely chose not to tell you of her plans. Or maybe you never touched her, but at some point, you threatened to harm her or make her life difficult if she tried to leave. In an argument, you may have used "You'll never see the kids again," or "I won't let you have a penny" or even "I'll never let you leave." Even if "all you did" was put your fist through the wall a couple of times when you were angry, you may have scared her sufficiently so that she was unwilling to be honest with you when she made her decision to go. If any of these scenarios fit, then your wife may have been smart not to tell you. You might say that you never "really" would have done any of those things, but how was she supposed to know that? The best you can do now is to not do anything else she would *experience* as threatening.

If She was So Unhappy, Why Did She Wait So Long to Leave?

Women are generally reluctant to leave relationships, even bad ones. They tend to stick it out in an effort to make it work. Women stay in unsatisfactory relationships for a number of reasons.

Why Women Don't Leave

- *Love*. "I still love him. He's like two different people."
- *Children*. "Our children are better off with a father. I couldn't raise them as well by myself."
- *Economics*. "My standard of living — and that of the kids — will go way down if I leave him."
- *Religious Beliefs*. "Marriage is a solemn commitment. Divorce is against my religious beliefs."
- *Pressure from Family and Friends*. "They tell me it is my duty to stay with him. They keep urging me to stick it out, promising it will get better."
- *Family History*. "People in our family never divorce."
- *Culture*. "Divorce goes against our cultural values."
- *Work Reasons*. "I would have to go back to work. I don't have job skills."
- *Isolation*. "I have no place to go."
- *Fear of Failure*. "I don't want to feel that I failed at marriage."

Is the Woman Always Right?

Please note that we are not saying that the woman is always right. Rather, we are saying that when she becomes convinced that it does no good to complain to her man, the relationship enters a dangerous phase. At this point, a seemingly minor — even innocuous — event can precipitate her moving out. One wife who we know left her husband immediately after she overheard him say something negative about her to their child. They had argued repeatedly over the years to the point of major conflicts, but she remained in the marriage. However after overhearing this one conversation, she suddenly packed her bags. Was it really the man's remark that ended the marriage? No, his wife had given up on getting him to address her complaints, and this simple overheard conversation was just the proverbial straw that broke the camel's back.

I've been Thinking About Leaving Her. How Honest Should I Be?

Unless your wife is likely to be violent, suicidal, take the kids and hide their whereabouts, or burn the house down, be totally candid with her. Of course, we are not saying that you should use threats of divorce to indicate how angry you are with her. Only tell her that you are planning to divorce if that is what you are going to do. By being honest with her about your intent to divorce, you begin the transition in a healthier way. As Robin Green put it, "The best way to lend dignity and respect to the end of your marriage is to be as honest with your spouse as he or she will allow you to be."

I Left Her, but What If I'm Having Second Thoughts?

It is not uncommon for men (and women) to decide to leave a marriage and then later to have second thoughts. After all, she may seem like an impossible person right now, but a few years ago you thought you wanted to spend the rest of your life with her. Is she really all that different from the person you first chose to marry? While it is true that you

Free Monthly Divorce TeleSeminars

Attend our series of monthly TeleSeminars designed to help those who are separated and divorced. This Teleseminar series will educate and empower you as you go through your divorce process and design a new life.



Expert Guest Speakers.

Each month, you will get quality and highly relevant information from judges, family lawyers, mediators, financial advisors, therapists, and other divorce professionals.

Free of Charge. Easy to Attend.

This TeleSeminar Series is hosted by Divorce Magazine with divorce professionals as our guest speakers.

These Teleseminars are free and no pre-registration is required. Just phone in and listen.

New Topic Every Month.

Find out how you can attend these Divorce Magazine TeleSeminars and get details on the topics and guest speakers on all up-coming TeleSeminars at www.divorcemag.com/divorce-seminars.html.



Join Your Divorce Community

Aside from getting expert advice, there are times you may want to connect with real people who are going through their own divorce or have gone through a divorce. You may simply want to vent, ask some questions, get some support, share your thoughts, insights, tips or even inspire others through your own divorce story. If this sounds like you, join the **Divorce Magazine Community online**, where you'll connect with divorcing people 24/7 through the following:



Discussion Forum

www.divorcemag.com/forums

This forum has been active since 1996. Choose one of the discussions and post your questions and comments.

Tell Your Divorce Story

<http://divorceblog.divorcemag.com>
You can post your divorce story as a way of healing or inspiring others who are going through a divorce.

Divorce Blog

www.BlogsOnDivorce.com

This blog features a wide range of bloggers who are seasoned divorce professionals, including divorce lawyers, judges, therapists, authors, financial advisors, etc. Read and comment on their posts and advice on relationship, separation, divorce law, and how to move on after divorce.

Divorce Magazine on Facebook

www.facebook.com/divorcemagazine
Join us on facebook where you will get daily posting from Divorce Magazine and be introduced to useful articles and engage in conversations from other divorcing people and divorce professionals.

Divorce Magazine on Twitter

www.twitter.com/divorcemagazine
Follow Divorce Magazine on Twitter and get the latest news on divorce and read inspirational quotes that will help you through this difficult transition.

