

Marble

Your guide to getting ready for divorce



Your guide to getting ready for divorce

Here at Marble, we know just how challenging and difficult going through a divorce is—which is why we do everything we can to make the process a little easier. We put together this guide to help you find your footing as you get started with Marble.



How to make the most of your legal strategy session



The terms to know when going through a divorce



10 tips for reducing stress



9 tips for successful co-parenting



What to read, listen to, and watch during your divorce



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How to make the most of your legal strategy session

This is your first opportunity to speak with a qualified attorney at Marble about the specific details of your divorce. They'll then be able to recommend the best path forward for you.



To give you the best service possible, please get the following ready before your call:

1. Basic information about your marriage and divorce

- How long you've been married
- If you have any children
- Why you're getting divorced
- What county you and your spouse live in

This information will help your lawyer understand the context of your divorce.

2. A list of your shared assets

Write down all the items you co-own with your spouse—house, cars, furniture, etc. This will help the attorney get a sense of how assets might be divided up.

3. A list of what you want

Write down what you want to keep coming out of this divorce. If you have kids, make a note of what sort of custody you'd like. This will help the attorney get an understanding of the situation and will help focus the call.

4. Any court dates and info

Already have a court appearance scheduled? Make sure to share the date and details with the lawyer.

5. Questions

If you have any questions or concerns about your divorce or the divorce process, bring them to your call.

Make sure you don't miss the attorney's call

Please turn on your ringer a few hours before the session.

We know this isn't an easy time, but we're here to help ensure it goes as smoothly as possible. If there's anything else we can do for you, please let us know.

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The terms to know when going through a divorce

Even when you know it's the right move, getting divorced is incredibly difficult.

Our clients and those of us who have gone through divorce know one thing that makes it a little easier: understanding the legal terms you'll encounter throughout the process.



Who's involved in a divorce?



What are the different kinds of divorce?



General terms



Custody and visitation terms



Child and spousal support terms



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Who's involved in a divorce?

Petitioner

Also sometimes known as the *applicant* or *plaintiff*

The person who files for divorce or fills out the application for divorce

Respondent

Also sometimes known as the *defendant*

The person who receives the divorce application, or is served the paperwork

Divorce attorney

Also known as a *lawyer* or *family law attorney*

The person with a law degree and a license to practice law that you hire to help you with your divorce

Do you need an attorney?

Take it from those of us who have gone through divorce. Divorce is legally and emotionally complex.

It's important that you have someone in your corner who can advocate for you. Your divorce attorney knows all the state laws, your rights and obligations. It's their job to ensure your needs are being communicated to your spouse and the court. Beyond that, they advise you on what you should—and shouldn't—do before and after filing for divorce to minimize conflict.

If you choose not to hire an attorney, you may be able to file for divorce pro se.

Pro se

Latin for *for himself*

This means you represent yourself without an attorney.

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What are the different kinds of divorce?

Uncontested divorce

You and your spouse agree on all the terms of your divorce: property, childcare, assets and more.

This is a much more straightforward process. Although your settlement and final divorce will need to be approved by a judge before your divorce is final, uncontested divorces often bypass court all together.

Though it's never easy, an uncontested divorce is simpler, saving you considerable time, money and aggravation.

Contested divorce

You and your spouse don't agree on all of the major issues and rely on the court to determine the final outcome.

This is what people traditionally think of when they think of a divorce—a couple on opposite sides of a court case with a judge deciding who gets what and how. Surprisingly, only a small fraction of contested cases end up in a formal court trial. Judges often encourage spouses to settle out of court, which can ultimately save time, money and a lot of headaches.

Default divorce

This is a divorce where the responding party either:

- Doesn't respond to the divorce petition by the court's allotted time
- Doesn't show up to court

In this case, the court defaults to the requests made by the petitioner.

Do you need a legal reason to get divorced?

In most states, you can get a no fault divorce.

No-fault divorce

This is a divorce based on irreconcilable differences. A no-fault divorce doesn't require either of the parties to show any wrongdoing by their spouse. This is how the majority of people get divorced.

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General terms

Petition for Divorce

This is the legal document filed in court by the petitioner. This document is the start of divorce proceedings in the court.

Divorce summons

This is the legal document that tells the responding party that a divorce case has been filed in court.

Verified complaint

This is the legal complaint signed and filed by the plaintiff. It contains one or more grounds for divorce and asks the court for relief.

Examples include: no fault, child custody, visitation, child support maintenance, division of assets and alimony

Marital settlement agreement

This is a legally binding contract, written and signed by both spouses, that outlines the terms of your settlement agreement.

Notarization

This is the official process to legalize a document performed by a notary public. The process ensures that a document is authentic and was signed by that person of their own free will.

Motions

This is an official legal request made by prosecution, plaintiff or defense to the court. All motions are ruled on by a judge.

Examples include: A request to exclude specific evidence or dismiss the case.

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Custody and visitation terms

What's custody?

Custody is the legal and practical relationship between parents and children, where parents make decisions for the child and care for them.

Joint custody

Describes a situation where both parents make decisions about the child. The joint custody can be both physical and legal.

Legal custody

Describes the parent who's able to make legal decisions about the child. Examples of decisions include medical, educational and religious.

Physical custody

Describes the parent with whom the child lives most of the time, in cases where parental custody is split unevenly.

Sole custody

Describes a situation where one parent has both physical and legal custody of the child. The other parent may have visitation rights, but can not make any decisions about the child.

What's visitation?

Sometimes it's not possible to divide the time evenly between two parents or guardians. In most cases, the person without primary physical custody receives visitation rights. Visitation rights are a plan for arranging visits with the child and are very unique from one family to the next.

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Child and spousal support terms

Child support

Child support is a payment made by one parent to the other to help with the cost of caring for your child or children.

Spousal support

Spousal support is the payments made by one spouse to another, during the ongoing divorce case. The court can award this as needed.

Alimony

Alimony is the payments made by one spouse to another, after the divorce is finalized. The court can award this as needed.

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10 tips for reducing stress during a divorce

It's natural to feel overwhelmed when going through a divorce. But there are a lot of things you can do to help manage and reduce stress during this time. Below are a few ideas.



1. Remember to breathe

Breathing deeply and slowly can help calm your nervous system. Plus, it can be done anywhere—at home, while driving, when out on a walk—which makes it a great tool for combating stress.

2. Get regular exercise

Exercise can take your mind off the day's difficulties, and can release endorphins, which promote a sense of well-being.

3. Seek support from family & friends

Call up your family and friends when you need someone to lean on or talk to. People want to help and show up for their loved ones (that's you!).

4. Consider therapy

Therapy has countless benefits. It can help you identify stress and develop coping skills, ensures you have someone who truly understands what you're going through, and gives you a healthy way to release negative emotions.

5. Use a mantra

Try an affirmative mantra like "I'm strong. I've got this," or "It's not going to be okay. It's going to be great," and say it out loud to yourself every morning or whenever you're feeling frazzled. It may feel silly to say it aloud, but the things we tell ourselves can really make a difference.

6. Get enough sleep

Sleep helps us manage difficulties. Set yourself up for success by keeping good sleep hygiene habits, like putting away your technology early and having a consistent bedtime.

7. Take breaks

Instead of getting caught up in disagreements with your ex-partner, give yourself permission to walk away. Tell your former partner when you don't have the bandwidth to argue, and politely end conversations when you need to.

8. Journal

Journaling can be a great way to process emotions. Don't worry about if what you're writing sounds good. Just get your thoughts out on paper or in a digital document.

9. Maintain perspective

Everything passes, and this will too. Every time you're feeling overwhelmed, remind yourself that this situation is temporary. Divorces can be drawn out, but they never last forever. Easier times are ahead.

10. Find a creative outlet

Always wanted to try dance or playing the piano? Now's the time to give it a try! Doing something new can help you feel strong, engaged and independent. Plus, learning new hobbies requires focus, which can help keep your mind off any worries.

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9 tips for successful co-parenting (+ helpful resources!)

Good co-parenting helps kids feel safe, cared for and calm in a divorce. But successful co-parenting doesn't just happen. It takes conscious effort. Here are tips and tools to help you and your former spouse on your journey.



Co-parenting tips



Recommended
co-parenting resources



Co-parenting tips



1. Prioritize good communication

Clear, thoughtful communication with your ex is important. Talk about any issues 1:1 with your ex instead of in front of your children, don't try to undermine your ex in front of your child, and speak directly with your former spouse instead of making your child be the messenger.

2. Create a co-parenting plan

Having a thorough co-parenting plan can help avoid conflict. Work through topics like pick-up on transition days, your kids' healthcare costs, and how to handle holidays. Consider working with a mediator to develop a solid plan, and revisit the plan as your kids grow older.

3. Prioritize respect

It's normal to have hard feelings after a divorce, but maintaining respect for your ex is key. After all, you still need to parent your kids together! Treat your ex-partner like you would a colleague. This can help you get and stay in the right mindset for successful co-parenting.

4. Help your kids feel empowered

Give your kids a say. For example, you can let them decide what house to keep belongings at, even if it's something you bought for them. Giving your kids agency can help them feel in control and calm during this difficult time.

5. Keep a shared calendar

Use a collaborative app or online tool where you and your former partner can keep track of events and schedules. This can help avoid upsetting miscommunications.

6. Prepare for different parenting styles

Your spouse will have different house rules surrounding bedtime, diet, TV time and more—and that's okay. You can't control how your ex parents, but you should work to align larger issues like education, extracurriculars and how to treat other people.

7. Always put your kids first

Nobody wins when kids are put in the middle of an argument. Even though it's hard when you're feeling emotional, always put your kids first in all conversations with your former partner.

8. Keep good documentation

Keep good notes on schedules and communications. Document date, time, content and any witnesses to questionable interactions. This can make a big difference should you need to take further legal action over custody or visitation.

9. Turn to therapy

If you or your kids are struggling with the big emotions brought about by divorce and co-parenting, try therapy. Talking to a neutral party can go a long way in helping your or your kids sort through feelings in a healthy manner.

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Recommended co-parenting resources



UpToParents

[UpToParents](#) is a co-parenting website that provides a lot of helpful, free resources in both English and Spanish. It's won awards from the American Law Association and Academy of Professional Family Mediators, so you can feel confident in their advice.

Co-parenting apps

Apps like [OurFamilyWizard](#) can help facilitate communication between you, your spouse and your kids, and also help you keep track of schedules and expenses.

Apps like iMazing that help you track and organize communication

[iMazing](#) allows you to export all texts in a conversation. This can be a helpful tool for building your case for custody and visitation hearings.

TED Talks and other Youtube videos

Many people have gone through divorce and coparenting and you can learn from their experiences. [Videos like this one](#) have great co-parenting lessons and observations, and you can find more videos via TED or YouTube.

College and university courses

Many local colleges and universities offer in-person and online co-parenting courses that provide helpful information and solutions. These courses are often recognized by courts and are sometimes even required in contentious divorce cases.

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What to read, listen to, and watch during your divorce



Recommended books



Go-to podcasts



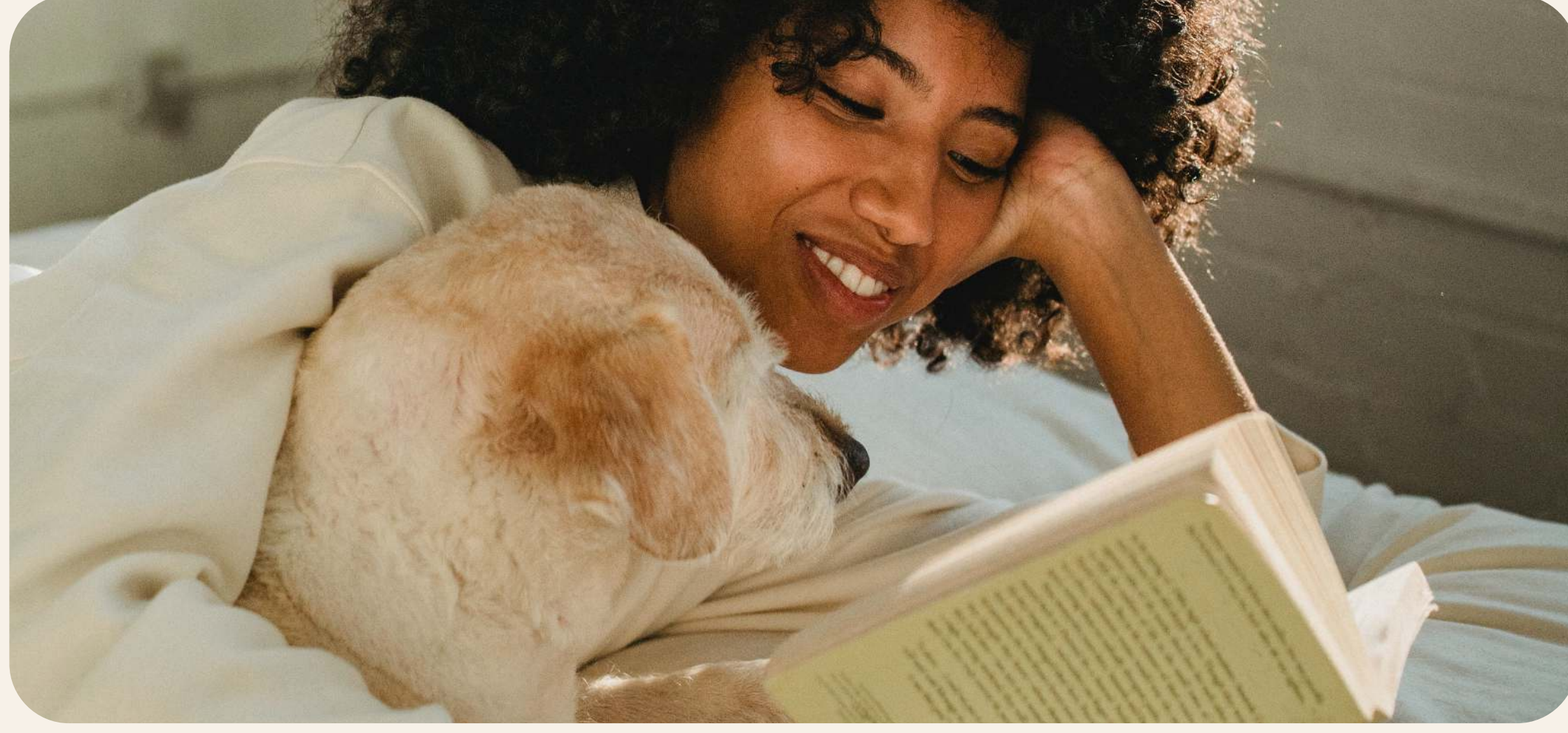
TV shows to try



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Recommended books

Here's what to read.



The Conscious Parent's Guide to Coparenting: A Mindful Approach to Creating a Collaborative, Positive Parenting Plan (The Conscious Parent's Guides) by Jenna Flowers

Learning how to successfully co-parent your kids takes work. This book is here to help.

All About Love: New Visions by bell hooks

What is love in today's world? This collection of anecdotes and ideas will help you reflect on that important question.

It's Called A Breakup Because It's Broken: The Smart Girl's Break-Up Buddy by Greg Behrendt

This book will give you a deep look at relationships and the situations that can come up when they end.

It's OK That You're Not OK by Megan Devine

Learn to process grief and other emotions that happen with loss (yes, divorce is a loss) with insight from a talented therapist.

The Power of Letting Go: How to Drop Everything That's Holding You Back by John Purkiss

Letting go of pain and frustration isn't easy, but it's exactly what's needed during a divorce. This book will give you guidance on how to do just that.

The Truth About Children and Divorce: Dealing with the Emotions So You and Your Children Can Thrive by Robert E. Emery Ph.D.

Written by a psychologist, this book will assist you in achieving the #1 most important thing during divorce: protecting your children's mental well-being.

Crazy Time: Surviving Divorce and Building a New Life, Third Edition by Abigail Trafford

Got questions about how to move forward after your divorce? This thorough guide has got answers.

Why Has Nobody Told Me This Before? by Dr. Julie Smith

Get a better understanding of how to improve and protect your mental health with wise words from a clinical psychologist.

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Recommended podcasts

Here's what to listen to.



The Divorce Survival Guide Podcast

Having honest conversations about divorce, co-parenting and other relationship issues is essential...which is exactly why this podcast exists.

Divorced Not Dead with Caroline Stanbury

How can you regain confidence and happiness after divorce? This podcast spills the beans with insight from host Caroline Stanbury, who got divorced in her 40s, and guests.

Divorce Sucks, Your Life Doesn't Have To Podcast

It can be hard to find your way as a divorced parent, but this podcast can help. Its host went through a divorce herself; she's now a coach and author on the subject.

Peaceful Co-Parent

Here's to feel-good content, like this podcast that speaks to people who have found ways to successfully co-parent. Listen to it for ideas and inspiration.

Divorce and Your Money

Hosted by a certified divorce financial analyst, this podcast will give you the lowdown on financial considerations in divorce.

Divorce: The First Six Months with Peter Maestrey

Want to know how to deal with the immediate aftermath of a divorce? This podcast is for you.

The Moms Moving On Divorce & Co-Parenting Podcast

Learn about all aspects of divorce and co-parenting in this podcast, in which a certified divorce and co-parenting specialist speaks with guests who are full of great insight.

The Divorced Dadvocate

Divorcing dad? Listen to this podcast, which is all about the challenges of being—yep—a divorced dad. It's hosted by a life coach who's been there and wants to help.

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Recommended TV shows

Here's what to watch.



New Girl

Queue the laughs! This old favorite takes a humorous look at men, women and the strong friendships that help us navigate our relationships.

Ted Lasso

A great balance between big laughs and emotional moments, this comedy spotlights an American football coach coaching soccer in the U.K. Seen it? Time for a revisit. Haven't seen it? What are you waiting for?

Great British Bake Off

Take your mind off things by deep diving into British baking. When it comes to feel-good reality competitions this one takes the cake!

Schitt's Creek

This award-winning show follows a family that moves to a small town after losing their fortune. If you like eccentric characters and laughing, give this show a try.

This Is Us

If you're in need of feeling all the feelings, try out this family drama. Full of twists and turns, this show will help you laugh, cry and learn.

Grey's Anatomy

There's a reason this show was so popular—it's gripping! Full of good emotional hooks and great storylines, this medical drama follows its main characters as they try to keep their patients—and relationships—alive.

Parenthood

A realistic look at families and all the love, loss and complications they entail, this show is relatable—and hard to stop watching.

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