



The Form E in Divorce Explained

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Form E becomes more manageable when you treat it as an information-gathering exercise, rather than a 30-page form to finish in one sitting. Having been through financial remedy proceedings myself, I know how difficult it can be to deal with paperwork when your head is already full of worries about your children, your home and your future.

My advice? Break it down. Start with the documents, then work through the form one section at a time.

What is the infamous Form E?

Form E is a detailed financial statement used in certain financial proceedings following divorce or civil partnership dissolution in England and Wales. It sets out your financial circumstances, including assets, debts, income and needs. In contested financial-order proceedings, both parties normally complete it before the first appointment. Using the

Form E Checklist

and the

Divorcify Court App

will allow you to keep all of your information safe and organised.

You must provide full, frank and clear disclosure. Being organised helps you give an accurate picture and identify missing information early.

Start with your home and property

Gather mortgage statements, ownership details and any recent property valuations. Include other property interests as well as the family home.

Keep track of when each figure was obtained. A mortgage balance from last year

may no longer reflect what you owe today.

List accounts, savings and investments

Make a list of your accounts, including joint accounts and accounts held during the previous 12 months.

Form E

asks for statements covering that period for each account listed.

Gather current investment statements too. Remember accounts you rarely use, rather than relying on whichever banking app you open most often.

Give pensions their own attention

Include pensions from previous jobs as well as your current scheme. Find provider details and request the valuation information required by the form early. Seek specialist advice from a PODE, this will cost money, but relying on a

CETV

can cost you tens of thousands of pounds in retirement.

Pension paperwork can take time. Put outstanding requests on a checklist so they do not disappear among everything else you are managing.

Organise income and business records

Bring together payslips, your P60, benefit information and records of other income. If you are self-employed or have business interests, gather the relevant accounts and tax documents.

Follow the form's requirements and ask for help where figures need professional explanation.

Record debts and realistic living costs

List loans, credit cards and other liabilities. Then work through your current spending and future needs, including housing and costs relating to your children.

Use bills and statements to build a realistic budget. Clearly identify estimates and explain how you reached them.

Check before you sign

Compare figures with supporting documents, check totals and keep a list of anything outstanding. Form E includes a statement of truth, so accuracy matters. Seek advice if you

are unsure how to disclose something.

Download the current Form E

and notes from GOV.UK and follow your case-specific directions.

Keep your financial records, court forms and supporting documents organised in one Divorcify workspace. For advice about your circumstances, speak to a solicitor or an appropriate financial professional.