



What I Wish I'd Known Before Starting My Divorce

Published on: 2026-07-01

When I began navigating divorce and separation, I expected paperwork, some difficult conversations and, eventually, a fresh start. I did not appreciate how many emotional, financial and practical decisions could be involved.

The process can feel particularly difficult when you are encountering unfamiliar terminology, receiving conflicting advice and trying to make important decisions under pressure.

Looking back, there are several things I wish I had understood from the beginning. That experience ultimately led me to create Divorcify.

Divorcify is not here to encourage anyone to end their relationship. Separation is a deeply personal decision that should never be taken lightly. However, when it has become the right path, clear information and appropriate professional support can make the next steps easier to understand.

The decision is only the beginning

Deciding to leave a marriage can follow months or years of uncertainty. By the time that decision is made, you may already feel emotionally exhausted.

It is easy to view divorce as a single legal process, but ending a marriage can involve several separate matters. These might include arrangements for children, housing, property, savings, pensions and ongoing financial responsibilities.

Not every separation will involve all of these issues, but understanding what may lie ahead can help you prepare.

Divorce does not resolve every issue automatically

The legal process that ends a marriage does not necessarily settle arrangements for children

or divide the couple's finances. These matters may need to be agreed separately, sometimes with assistance from mediators, solicitors or the court.

This distinction is important. Obtaining a divorce without properly addressing your financial position, for example, can leave unresolved issues that cause difficulties later.

The exact procedures and options available will depend on your circumstances and where you live. If you are uncertain, obtaining legal advice early can help you understand what requires attention.

Keep communication calm and constructive

Separation can make communication extremely difficult. Emotions are often high, particularly where children, money or the family home are involved.

Where it is safe and appropriate to do so, keeping communication clear, factual and focused on the issue at hand can help prevent disagreements from escalating. Avoid sending messages in the heat of the moment, and keep useful records of important decisions and financial information.

If direct communication is not appropriate, a solicitor, mediator or specialist support service may be able to help. Mediation is not suitable in every case, particularly where safety or abuse is a concern.

Courts consider the circumstances of each case

It is common to hear sweeping claims about how family courts operate or which party they supposedly favour. These accounts can create unnecessary fear and may not reflect what will happen in another person's case.

Family cases are considered according to the relevant law, the available information and the individual circumstances. Where children are involved, their welfare is a central consideration.

Online anecdotes can provide emotional reassurance, but they are not a substitute for advice based on your own situation.

Financial matters can be complicated

The financial aspects of divorce may involve the family home, savings, investments, debts, pensions, businesses and income. Their treatment is not always as straightforward as dividing everything equally.

Accurate financial disclosure is often an important part of reaching an informed agreement. Before accepting a settlement or making a major financial decision, consider speaking to a suitably qualified family solicitor or financial adviser.

Early advice may help you understand your position, avoid unrealistic

expectations and identify issues that could otherwise be overlooked.

You do not have to manage everything alone

One of the most valuable lessons I learned was the importance of asking for help.

Different professionals provide different kinds of support:

- Family solicitors can explain your legal position and options.
- Mediators can help separating couples explore possible agreements where mediation is appropriate.
- Financial advisers can help with matters such as pensions, investments and longer-term planning.
- Counsellors and support organisations can provide emotional and practical assistance.

Not every divorce requires court proceedings. Depending on the circumstances, some matters can be resolved through discussion, negotiation or mediation.

Your wellbeing matters too

Divorce can affect your sleep, concentration, confidence, work, finances and relationships with others. It is easy to focus entirely on legal deadlines and practical arrangements while neglecting your own wellbeing.

Try to concentrate on the things within your control. That might mean obtaining appropriate advice, organising your documents, responding thoughtfully and maintaining a reliable support network.

If you are struggling, consider speaking to your GP, a counsellor or an appropriate support organisation.

Why I created Divorcify

My experience showed me how difficult it can be to find straightforward explanations while dealing with the emotional reality of separation.

I created Divorcify to bring together practical information about divorce and separation in plain English. It is intended to help people understand common processes, prepare useful questions and identify the type of professional support they may need.

It does not replace advice tailored to your circumstances. Its purpose is to help you approach that advice feeling better informed and prepared.

Final thoughts

Divorce is rarely only a legal procedure. It can also be an emotional, financial and practical transition.

You do not need to understand everything immediately. Take one step at a time, be cautious about advice from unverified sources and seek professional help when a decision could have lasting consequences.

I hope Divorcify helps make an unfamiliar process feel clearer and less overwhelming.

This article provides general information and does not constitute legal, financial or medical advice. Laws and procedures vary by jurisdiction and individual circumstances.