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The Good Divorce and We're Still Family

15 GOLDEN RULES FOR ACHIEVING A GOOD DIVORCE

1. ACCEPT THAT ALL-OUT WAR IS NOT INEVITABLE; IN FACT, IT IS DESTRUCTIVE
2. RECOGNIZE THAT COMPROMISE IS ALWAYS NECESSARY--
MEDIATE YOUR DIFFERENCES
3. STAY IN CHARGE OF YOUR DIVORCE--THIS IS YOUR DIVORCE, NOT YOUR LAWYERS
4. CONSTRUCT A NEW VISION OF YOUR FAMILY-- YOUR BINUCLEAR FAMILY (TWO HOUSEHOLDS = ONE FAMILY)
5. MAKE NEW RULES FOR HOW TO LINK YOUR TWO HOUSEHOLDS
6. SLOW DOWN THE PROCESS--CHILDREN NEED TIME TO ADJUST
7. ACCEPT THAT YOUR CHILD NEEDS--AND HAS A RIGHT--TO BOTH PARENTS
8. FOR THE SAKE OF YOUR CHILDREN-- COOPERATE WITH YOUR EX
9. ESTABLISH A LIMITED PARTNERSHIP AGREEMENT WITH CLEAR RULES
10. ACCEPT THAT YOUR CHILD'S BINUCLEAR FAMILY WILL EXPAND TO INCLUDE NEW PEOPLE IN YOUR EX'S (AND YOUR!) LIFE
11. REMEMBER THE GOOD (AS WELL AS THE BAD!) PARTS OF YOUR RELATIONSHIP
12. LEARN TO TOLERATE THE INEVITABLE AMBIGUITY
13. LET YOURSELF FACE AND GRIEVE YOUR LOSSES
14. FORGIVE YOURSELF---AND YOUR EX
15. LET THE ANGER GO--AND GET ON WITH YOUR LIFE!!