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## **The Good Divorce**

*Keeping Your Family Together When Your Marriage Comes Apart*

### **THE FIVE TRANSITIONS AND CRISIS POINTS OF DIVORCE**

#### **THE DECISION**

- ▶ The Erosion of Love
- ▶ The “Leaver” and the “Left”
- ▶ Gender Differences
- ▶ Coping Mechanisms
- ▶ Approaching the Announcement

#### **THE ANNOUNCEMENT**

- ▶ Affairs: Creating a Crisis
- ▶ The Cycle of Deceit
- ▶ Anger and Depression
- ▶ The Urge to Retaliate
- ▶ Gender Issues
- ▶ Post Announcement “Bliss”
- ▶ Slowing Down the Pace

#### **THE SEPARATION**

- ▶ Disorderly and Orderly Separations
- ▶ Establishing Boundaries
- ▶ The Emotional Fallout

#### **THE FORMAL DIVORCE**

- ▶ What Goes into the Legal Agreements
- ▶ Taking Charge
- ▶ Professional Negotiators: Options
- ▶ Courting Disaster
- ▶ Displaced Anger and Power Struggles
- ▶ “No Fault” and Fault Finding
- ▶ Choice Points
- ▶ Three Golden Rules
- ▶ The Unresolved Custody Controversy

#### **THE AFTERMATH**

- ▶ Fuzzy Kinships: Who’s in the Family
- ▶ From the Inside Out: Accepting New Kin
- ▶ Renegotiating the Limited Partnership
- ▶ Confused Rules and Ambiguous Roles
- ▶ From the Outside In: Joining an Established Binuclear Family
- ▶ Honoring Family Ties