


# 5 Common Fears of Divorce and How to Overcome Them





Getting a divorce can feel like taking a plunge into the great unknown, and for good reason. A divorce is a stressful, often unforeseen, and major change in a family's life. It's no surprise that you may have some misgivings about what to expect during a divorce. Here are some common fears about divorce that we have noticed throughout our years of practicing divorce.





We tend to underestimate ourselves, but, more often than not, we are more capable than we realize.

## #1 Fear of the Future

All of us fear uncertainty, and a major life-change like divorce can carry lots of doubt, anxiety and of course uncertainty. But there's no shame in worrying about what comes next; it's a natural response. If you find yourself stressing about what happens after you get divorced, think back to the last time you experienced a big life change. What were your fears at that time? How did you manage to work through it? What lessons did you learn that may help you this

time around? We tend to underestimate ourselves, but, more often than not, we are more capable than we realize. Divorce is tough, so you are going to have to work with what you have to pull through. Despite all that, you can do it! Divorce isn't the end, and it certainly isn't the first big change you had to experience. Think of divorce as a new beginning, one where you get to start over and begin living your best life, starting today.



Two happy homes is better  
than one unhappy home.

## #2 Fear for Your Children

This is a big one. No parent wants to put children through a divorce for many reasons, including the fear that the divorce will cause irreparable damage. Unfortunately, your children will most likely go through some stress and heartache during this time as well. Their lives are dramatically changing through no fault of their own. They may have to move homes, change schools, and adjust to only living with one parent at a time. However, there are ways to mitigate the effects and make the transition as smooth as possible.

Be sure to always put the needs of the children above your own. Don't bad mouth the other parent in front of the children, both directly and indirectly. Don't use the children as pawns or bartering chips with the other parent. The children still deserve the chance to have healthy relationships with both parents, and both parents need to listen to what the children have to say and be sensitive to their needs. As long as you and your ex are willing to cooperate for the sake of the children, you can still create a loving, healthy environment for them. After all, it's better that the children spend their time in two happy homes rather than one unhappy home.





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## #3 Fear of Being Broke

You may have gotten used to living with a certain budget while married, but your finances will change. When separating from your spouse, you may lose a source of household income (ex's paycheck), have to pay or receive alimony or child support, can gain or lose marital assets such as the home,

joint bank accounts, etc. Take some time to go over your monthly budget and take everything into account. This can help you paint a clearer picture of your post-divorce finances, and get a head start on avoiding further stress down the line.





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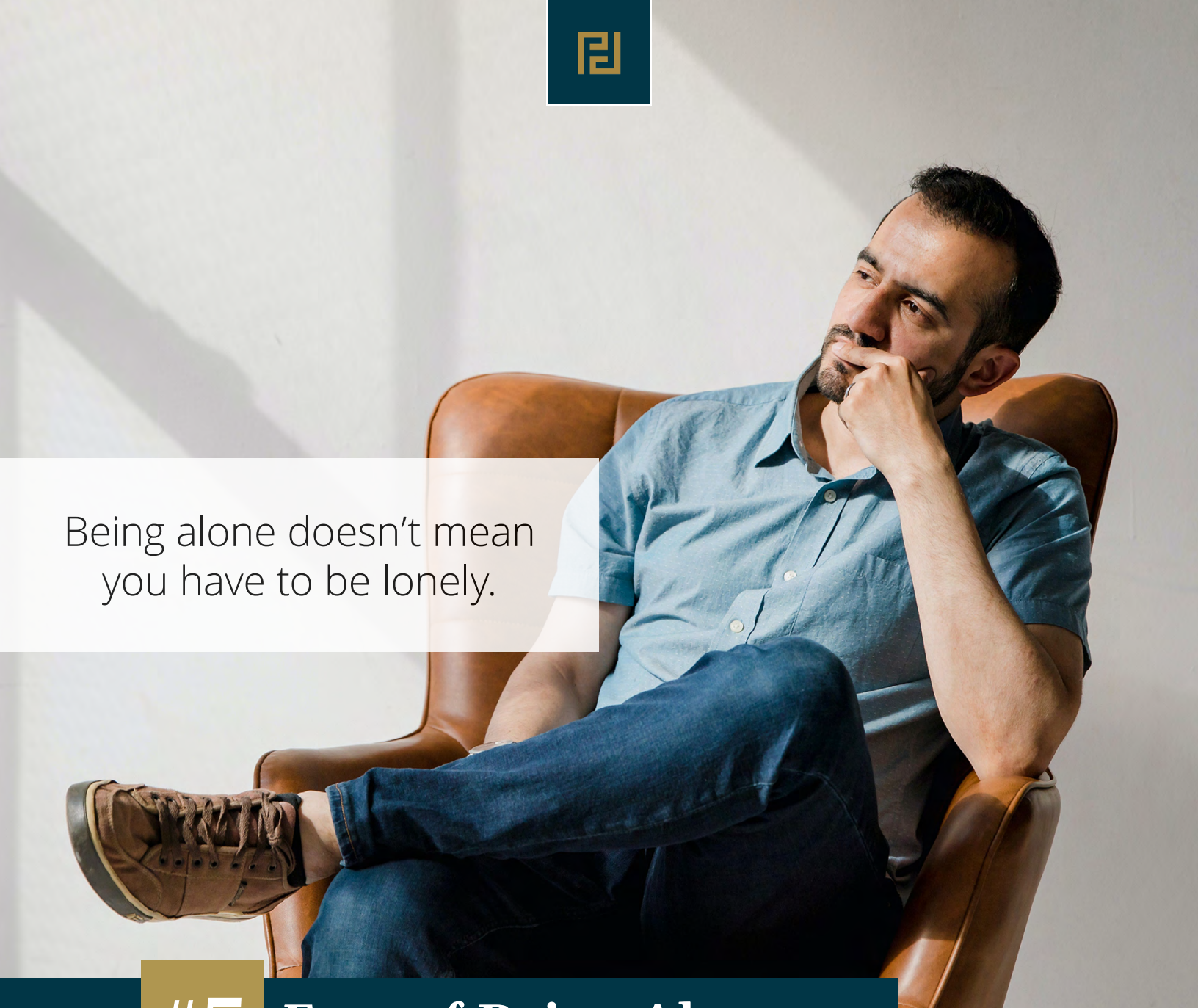
## #4 Fear of the Pain

Divorces come with heartache. You're leaving someone you vowed to be with forever. You're moving out of the house you two turned into a home. Your children have to adjust to living with one parent instead of two. This, along with everything else that comes with divorce, is enough to cause some emotional pain. But pain is a natural part of life, and it's a part that you can and will overcome. However, forcing yourself to stay in an unhappy marriage will cause more pain, even if it feels safer than ripping off the

band-aid and getting a divorce. The sooner you get your divorce, the sooner you can begin the healing process. It might take some time, but you'll get there eventually.

In the meantime, there are many ways to help deal with the pain of divorce. Try to find some healthy coping mechanisms. Reconnect with old friends, discover new hobbies, or find a support group or therapist you can talk to. Letting your emotions fester won't help you get over them any sooner.





Being alone doesn't mean  
you have to be lonely.

## #5 Fear of Being Alone

This one relates to the fear of uncertainty. Having a partner can provide lots of comfort and security, and suddenly losing that can make being alone seem pretty unappealing. However, it's important to remember that you are not alone. You still have many loved ones in your life who are all rooting for you. This can be a good time to reconnect with loved ones and rely on those bonds

to carry you through this difficult time in your life. Hit up your friends and family, continue traditions with your children like family meals, or take some time to be by yourself. Being alone doesn't mean you have to be lonely, and it can be a time for some introspection. And besides, you'll have an experienced legal team to help you navigate the legal complexities that come with divorce.



# How Petrelli Previtera, LLC Can Help:

We understand that divorce can generate a lot of stress, fear, and uncertainty, not to mention that the legal process behind divorce can get pretty confusing. Let our team of expert divorce attorneys handle the legal aspect of divorce for you so that you can take the time to start building your new life in the way you want. At Petrelli Previtera, our goal is to take your divorce journey from chaos to clarity.

## About the Author: Thomas Petrelli



As founding and managing partner of Petrelli Previtera, Tom leads the firm in resolving divorce cases. While he represents individuals and families in all types of financial situations, he has built a particularly strong reputation handling high asset divorces and those involving businesses as marital property. In this regard, he focuses on the protection, valuation, and distribution of significant assets or business interests. Since passing the Bar, Tom's impressive career has earned him the recognition of his peers and authoritative legal organizations. He has been named in Pennsylvania Super Lawyers every year since 2009. Martindale-Hubbell awarded Tom with the Client Champion Gold Award in 2019 and in previous years. He is among Suburban Life Magazine's 2010 Awesome Attorneys in the category of Divorce and Family Law, and Arrival Magazine's Top 50 Family Lawyers in the Northeast. The groundwork for Tom's laser-sharp legal mind started with his outstanding education. In addition to his Juris Doctor from Vermont Law School, he holds an LL.M. in Trial Advocacy from Temple University's James E. Beasley School of Law.



# Further Reading:

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- *7 Tips for Taking Care of Your Mental Health During a Divorce*
- *Guide to Child Support (Don't Get Cheated out of Child Support)*
- *Leaving The Marital Home*
- *Privacy, Surveillance Laws, and a Cheating Spouse*
- *37 Secrets You Need to Know to Win Your Divorce*

