

# Common Divorce Traps to Avoid

The legal process of divorce has many traps for the unwary. Here are a few of the most common ones:

- **Anger takes over:** It's very tempting to be angry about what happened to the marriage. But anger can make you think much less clearly, and it can certainly make your divorce much more stressful and expensive.
- **Obsessing:** Looking backward and turning things over and over in your mind keeps you from making sensible plans for the future. It's also a way to lose lots of sleep.
- **Low self-esteem:** It's easy for your self-esteem to take a major hit as you go through the divorce. Try to stay in touch with your main sources of strength, whatever they may be.
- **Bad advice:** Bad advice about divorce comes from various sources. These include well-meaning friends and relatives, fire-stoking lawyers, and the internet. If you have any doubt, consider finding an experienced lawyer for a second opinion.
- **Vengeance:** "Getting even" can be a very expensive luxury, and not just in terms of what it costs in legal fees.
- **Unrealistic bargaining:** Asking for an unrealistically big settlement seldom works, and makes it more likely that you can wind up in court and then get much less. Conversely, if you are willing to give away too much just to get the divorce, you may get an agreement that you will regret in the future.
- **Not having a sensible plan:** It's not easy to amend your life plan in the wake of a divorce, but it's essential to do so.