

THE ULTIMATE
DIVORCE
GUIDE AND CHECKLIST



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WELCOME



TINA SEYMOUR DEMORAN

DIVORCING WITH A PLAN

When contemplating a significant life choice, such as divorce, there are many life-changing aspects that should be considered. From the lifetime financial, retirement, and social ramifications of a divorce that should be well planned out. Whether it's your legacy in your children's eyes, your home and life you built in your neighborhood after investing in a marriage, it's important to take the time and divorce with a plan.

The financial, as well as social ramifications of divorce can be far-reaching, affecting not just your immediate situation but also your long-term stability. Proper planning can help mitigate some of these challenges, from dividing assets fairly to understanding the implications on retirement plans and financial security.

THE EMOTIONAL SIDE OF DIVORCE

Equally important is THE EMOTIONAL TOLL. Divorces are stressful by nature, not only for the couple but also for the rest of the family members. Children, especially, can be deeply affected by divorce, and how the process is handled can significantly impact their perception and well-being. Investing time and effort into maintaining positive relationships and ensuring their emotional stability through the process is crucial.

Navigating the aftermath of divorce also involves redesigning YOUR NEW LIFE establishing new routines, building a different social circle, and perhaps relocating. Planning this transition strategically can help in creating a more fulfilling and stable future.

Ultimately, divorcing with a plan isn't just about the legal aspects; it's about approaching this life-changing event with mindfulness and consideration for all its multifaceted impacts.

DIVORCING WITH A PLAN

I Do

- KNOW THAT MY MARRIAGE WAS REAL.
- ACKNOWLEDGE THAT WE WENT THROUGH MANY JOYS, OBSTACLES, TRIUMPHS, AND GROWTH.
- ACKNOWLEDGE WE INVESTED INTO OUR MARRIAGE, OUR CHILDREN AND OUR FUTURE WITH THE INTENT OF LIVING OUR ENTIRE LIVES TOGETHER.

I Did

- HIT A POINT WHERE I CAN NO LONGER MOVE FORWARD TOGETHER WITH MY SPOUSE.
- NOTICE THAT WE HAVE DRIFTED APART AND SHARE NOTHING IN COMMON ANYMORE.
- COME TO THE CONCLUSION THAT I AM GOING TO PUT MY JOY, HEALTH AND MENTAL WELL-BEING FIRST.

I Will

- HAVE FINANCIAL SECURITY.
- CONTINUE TO BUILD AND HAVE A GREAT BOND WITH MY CHILDREN AND GRANDCHILDREN .
- BE IN A FRIENDSHIP AND CO-GRANDPARENTING RELATIONSHIP WITH MY SPOUSE.
- FEEL AT PEACE AS THE PROCESS WILL BE BASED ON TRUTH, & FAIRNESS.

What do I plan for?

We provide matrimonial and family services with one goal – creating a plan for your life after divorce.

When do I contact an attorney?

Now! You need an experienced attorney guiding you through this process to help you achieve your goals.

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STEP 1 – PREPARATION PHASE

getting ready for your divorce

Emotional Preparation

- Counseling – Consider seeking counseling or therapy to navigate the emotional aspects.
- Support System – Surround yourself with supportive friends and family, while understanding you may lose some in this process. This is not unusual.

Financial Preparation

- Gather Financial Documents – Collect all financial documents, including bank statements, fringe benefits from work, credit reports, tax returns, upcoming known tax consequences, current agreements with financial advisors for each party, property deeds, income of each spouse, etc.
- Evaluate Assets and Debts – Make a list of all assets and liabilities, including joint and individual ones.
- Create a Budget – Understand your current and future financial needs.

Legal Preparation

- Consult a Lawyer – Seek advice from a divorce attorney to understand your rights and the legal process.
- Understand the Laws – Educate yourself about divorce laws in your state/country.

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STEP 2 – CREATE CHECKLIST

what you need to do now that you are ready to file for divorce

Legal Steps

- File for Divorce – Decide on grounds for divorce or choose irreconcilable differences and file the necessary paperwork.
- Temporary Arrangements – Set temporary arrangements for child custody, support, and spousal support if needed.
- Negotiation or Mediation – Consider mediation to settle issues like property division, child custody, and support. This can be done before or after you file.

Financial Steps

- Separate Finances – Open individual bank accounts and cancel joint credit cards.
- Property Division – Determine how property and assets will be divided.
- Update Documents – Update wills, insurance policies, deeds, bank beneficiaries, and 401K beneficiaries, etc.

Emotional Well-being

- Self Care – Prioritize self-care to manage stress during this challenging time.
- Support Networks – Lean on friends, family, or support groups for emotional support.

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STEP 3 – DIVORCE PROCEEDINGS

prioritizing what you need to have ready

Legal and Financial Considerations

- Follow Legal Advice –
 - Adhere to the guidance of your lawyer regarding court appearances and document submissions.
- Keep Records –
 - Document all communications, agreements, and expenses related to the divorce.
- Finalize Agreements –
 - Review and finalize settlements concerning property, support, and custody.

Emotional and Mental Health

- Stay Focused – Focus on the end goal and stay composed during negotiations.
- Take Breaks – Take breaks when needed to manage stress and emotions.
- Seek Support – Talk to a therapist, counselor, or support group to process emotions.
- Journal Your Feelings: Writing can help you manage stress and gain clarity.
- Practice Mindfulness or Meditation – Use deep breathing or guided meditations to calm your mind.
- Stay Connected – Lean on friends and family for emotional support.

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STEP 3 – DIVORCE PROCEEDINGS

prioritizing what you need to have ready

Physical Well-being

- Maintain a Balanced Diet – Eat nutritious meals to fuel your body and mind.
- Exercise Regularly – Engage in activities like walking, yoga, or strength training to release stress and improve mood.
- Prioritize Restful Sleep – Aim for 7–9 hours of quality sleep each night to support emotional resilience.
- Stay Hydrated – Drink plenty of water to maintain energy and focus.

Personal Growth

- Engage in Hobbies – Read, paint, garden, or enjoy other activities that bring you joy.
- Enjoy Uplifting Music or Podcasts – Stay inspired and motivated with positive content.
- Pamper Yourself – Take warm baths, schedule a massage, or enjoy a spa day at home.
- Spend Time Outdoors – Fresh air and nature walks can reduce stress and boost your mood.

Digital and Social Wellness

- Limit Social Media – Avoid triggering content or comparisons.
- Unplug from Conflict – Set boundaries with digital communication to reduce emotional overwhelm.
- Focus on Positive Connections – Surround yourself with supportive people.

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STEP 4 – POST DIVORCE

protecting yourself and moving forward

Legal and Financial Steps

- Follow Court Orders –
 - Adhere to court-ordered agreements regarding support, custody, and property.
- Update Documents –
 - Ensure all documents reflect the finalized divorce agreements.
- Financial Adjustments –
 - Adjust your budget and financial plans to reflect your new circumstances.
- Pause Before Big Changes –
 - Avoid making major life changes during the first year post-divorce unless absolutely necessary (e.g., car, job, house, appearance, or relationships). Focus on healing and regaining stability first.

Emotional Recovery

- Take Time Before Starting a New Relationship –
 - Allow yourself space to heal and rediscover who you are before pursuing a new relationship. Rushing into something new can often mask unresolved emotions. Focus on self-growth and emotional well-being first.
- Healing Process –
 - Give yourself time to heal emotionally and adjust to the new situation.

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STEP 4 – POST DIVORCE

protecting yourself and moving forward

Emotional Recovery

- Don't fill up your time with things to do, incorporate counseling, massages, and other self-care routines to recalibrate yourself.
- Have conversations with your loved ones and explain to them how you want to move forward with your relationship with them despite the divorce.
- Be vigilant and act on the things you wanted to do once you were divorced. Go do them!
- Self Reflection –
 - Take time to process your experiences and emotions, acknowledging both the challenges and growth from your marriage.
 - Reflect on the lessons learned, your values, and how you've changed through this journey.
 - Identify what you want and need for your future, setting clear personal goals.
 - Focus on moving forward positively without carrying resentment or regret.
 - Embrace this opportunity for self-discovery and new beginnings.

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SPECIAL CIRCUMSTANCES

what to do if you or your children are in an abusive situation

If you are in an abusive relationship, your safety and the safety of your children must come first. Before beginning the standard divorce process, take these critical steps to protect yourself legally, physically, and financially from your abuser.

Prioritize Safety and Emergency Planning

- Create a Safety Plan – Identify a safe place to go, whether it's a trusted friend's house, a shelter, or a secure location. Develop an escape plan in case you need to leave quickly.
- Contact Local Domestic Violence Resources – Reach out to a domestic violence shelter, hotline, or advocacy group for immediate help and guidance. The National Domestic Violence Hotline (1-800-799-SAFE) is available 24/7.
- Secure Important Documents – Gather copies of birth certificates, Social Security cards, driver's licenses, passports, financial records, and any legal documents related to marriage, children, and property. Store them in a secure location outside the home.
- Set Up a Safe Communication Method – Use a separate phone, email, or messaging app your abuser does not have access to.
- Protect Irreplaceable Belongings – If you are preparing to leave an abusive situation, secure and remove sentimental or irreplaceable items, such as family photos, heirlooms, and important keepsakes. Store them safely at a trusted friend's or family member's home before you leave. Taking this step ensures that cherished memories and meaningful possessions are protected during this difficult transition.

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SPECIAL CIRCUMSTANCES

what to do if you or your children are in an abusive situation

Legal Protection Against the Abuser

- File for a Protective Order (Restraining Order) – This can provide immediate legal protection and prevent the abuser from contacting you or your children.
- Consult an Attorney Immediately – Work with a lawyer experienced in domestic violence cases to understand your legal rights and next steps.
- Document Abuse – Keep records of incidents, including dates, times, and details. Save threatening messages, emails, or voicemails, and take pictures of injuries or damaged property. If you are physically abused, seek medical attention to have it documented in your medical record.
- Seek Legal Custody Protection – If children are involved, discuss emergency custody options with your attorney to protect them from potential harm.

Financial Independence & Security

- Open a Separate Bank Account – Choose a bank your abuser does not use and begin securing financial resources in your name.
- Protect Your Credit – Monitor your credit report and place a fraud alert if necessary. Freeze joint accounts or remove your abuser's access if possible.
- Secure Employment & Housing – If you don't have independent income, explore job opportunities or resources that can help with financial stability. Look into housing assistance programs if needed.

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Financial Independence & Security (cont.)

- Apply for Emergency Assistance – Government programs, shelters, and nonprofits can provide financial aid, legal assistance, and temporary housing.

Establish a Support Network

- Confide in a Trusted Friend or Family Member – Let someone close to you know about your situation and have a backup plan for emergencies.
- Connect with Domestic Violence Support Groups – Speaking with others who have been through similar experiences can provide emotional strength and guidance.
- Seek Counseling for You and Your Children – Healing from an abusive relationship takes time. Professional support can help both you and your children process trauma and rebuild confidence.

If you or your children are in immediate danger, call 911 or seek help from a domestic violence organization. You do not have to go through this alone—help is available. Once you have secured your safety, you can begin the divorce process with a legal team that understands your situation and prioritizes your protection.

For confidential legal guidance, **contact Seymour Law Firm today.** We are here to help you move forward safely.

Client's TESTIMONIALS

Katrina Dennis

"I HAVE BEEN A CLIENT OF TINA FOR OVER 3 YEARS AND WILL NOT USE ANYONE ELSE!! HER STAFF IS VERY FRIENDLY AND ALWAYS KEPT ME UPDATED ON MY CASES. I STILL RECOMMEND PEOPLE TO TINA EVEN WHEN I KNOW SHE DOESN'T TAKE CERTAIN CASES ANY MORE SHE DEFINITELY CAN GUIDE YOU IN THE RIGHT DIRECTION!! HER AND HER TEAM TREAT YOU MORE LIKE FAMILY THAN JUST A CLIENT !! SHE WILL FOREVER BE MY LAWYER!! THANK TINA FOR EVERYTHING."

Katie Jones

"TINA WAS MY ATTORNEY IN 2022 FOR MY DIVORCE AND CHILD CUSTODY CASE. I AM SO INCREDIBLY THANKFUL FOR HER AND HER TEAM FOR BEING THERE FOR ME AND HELPING ME DURING SUCH A DIFFICULT TIME. I HAVE WORKED WITH TINA OVER THE YEARS FOR SEVERAL BUSINESS MATTERS THROUGH AN OLD JOB AND ALSO HAVE USED HER AS MY PERSONAL ATTORNEY. I HAVE RECOMMENDED HER TO SEVERAL FRIENDS AND FAMILY MEMBERS AND WILL CONTINUE TO DO SO."

Mandy Semonelle

"SEYMOUR LAW FIRM HAS BEEN MY GO TO LAW FIRM SINCE THEY OPENED THEIR DOORS. WHEN I WAS GOING THROUGH MY DIVORCE, I WENT TO THEM. WHEN MY DAD WAS TERMINALLY ILL AND HE NEEDED DOCUMENTS DRAWN UP TO ASSURE HIS AFFAIRS WERE IN ORDER, WE WENT TO THEM. YOU DON'T JUST GET GREAT LEGAL SERVICES FROM THIS GROUP, YOU GET CARING AND HONEST INDIVIDUALS IN YOUR CORNER AT THE ABSOLUTELY HARDEST TIMES OF YOUR LIFE."

REMEMBER,

Every divorce is different, so this checklist might need adjustments based on your unique circumstances.

Schedule your consultation to evaluate your case and plan a solution that meets your needs.



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