

PRE-SEPARATION CHECKLIST - GENERAL



PLANNING

- ☐ **Change your passwords** on any email and social media accounts, and bank accounts
- ☐ **Turn off any 'find my phone'** or tracking apps, if safe to do so.
- ☐ **Get legal advice** as early as possible.
- ☐ **Don't withdraw large amounts of money** without legal advice.
- ☐ Don't get advice from too many sources or **uninformed people**. It can be very confusing and each case is different. However, you can get a second opinion.
- ☐ **Don't tell children you are thinking about separating.** Only tell them if it is definite, and you have a plan about where you and they will live.
- ☐ Think about what supports you need and **seek them out** - your EAP, an understanding GP, a counsellor, a psychologist, a friend/ family member who will truly listen.
- ☐ Learn about your **different options to resolve conflict**, such as mediation and collaborative processes. Don't threaten you will take someone to court.



STRATEGY

- ☐ Understand the difference between **Divorce** and **Property Settlement**. The divorce is a change in your legal status. You need to be separated for 12 months. A property settlement is a division of the assets. You do not need to wait. There are time limits on when you can apply for a property settlement (within 12 months from date of divorce for married couples, and 2 years from date of separation for de facto couples).
- ☐ Don't agree to something without **being informed** about your options. Most people will 'anchor' discussions to what was first said and it can increase conflict later if you withdraw your agreement.
- ☐ **Write your questions down.** If you are seeing a lawyer, you can provide a copy of your questions in advance.

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