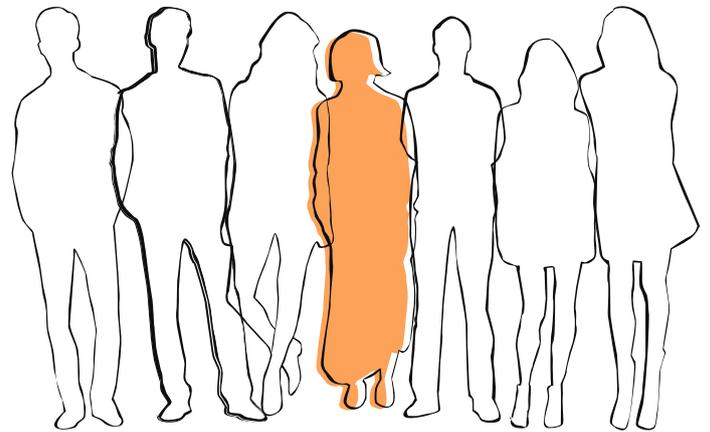


So You're Thinking About Separating?

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Preparing to separate from your partner can often be a stressful and overwhelming time. There are many practical, legal and financial issues that you should consider, so it is important that you don't rush into things but take the process one step at a time.



If you are thinking about separating from your partner, it is important that you also obtain independent legal advice. Generally speaking, there are a couple of things you need to think about prior to separation:

1. Make a decision

The decision to end your relationship is huge, but once you're sure of your decision you need to begin planning for your new life. Ask yourself if you want to move out or stay in the home.

As the next couple of weeks may be emotionally difficult, it is important that you continue to do things you enjoy and that will relieve stress. Keep up your exercise regime, try a yoga or meditation app and be sure to eat and drink well and get adequate sleep.

2. Children

In just about every decision you make your children will be your number one priority and that is no exception when it comes to separation. Separation can also be a very emotionally difficult time for children. Look for any changes in their mood and behaviour and organise counselling sessions if you feel they need it.

3. Consider whether you will tell your partner that you want a separation or whether you will leave in secret

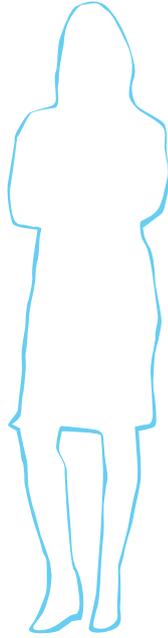
If you and your spouse have an amicable relationship with open lines of communication, you may want to tell them that you want to separate. Try to have a conversation about how the separation will work.

If you fear that your spouse may react angrily or violently, it may not be a good idea to tell them you want to separate. If there is domestic violence in the relationship, moving out can be extremely dangerous, so it is best to discuss a safety plan with a trained professional from one of **these services**.

7. Organise accommodation

If you are planning on moving out, you will need to organise alternate accommodation. The things you should think about when looking for accommodation are:

- How much rent you will be paying;
- Whether it is accessible to your children's childcare centre or school; and
- Whether the area is safe.



8. Create a budget

Separating can mean that you need to support yourself and, in some cases, the children all on your own. Creating a budget before you leave can make things easier when you do

9. Make a safety plan

If you are leaving an abusive relationship, it is crucial that you leave safely. You should think about:

- How you will leave;
- Where you will go;
- Ensure you have access to numbers and addresses of people you trust on your personal mobile phone.

You can discuss a safety plan in more detail with a counsellor.

10. Pack your things

If you and your spouse have discussed the separation and relations are amicable, packing up your things for a move will be quite simple.

If you are in a situation where your spouse is abusive or threatening, packing up your things will be more difficult. You should engage in a counsellor to discuss a plan that will be safe.

11. Talk to your lawyer

After the separation has occurred, talk to your lawyer again to figure out the next steps in finalising the separation and sorting out a property settlement and care of the children. Find a lawyer that understands your situation and that you feel comfortable with. This is also a good time to make a new will and power of attorney as your circumstances have changed.

12.

Do things you love!

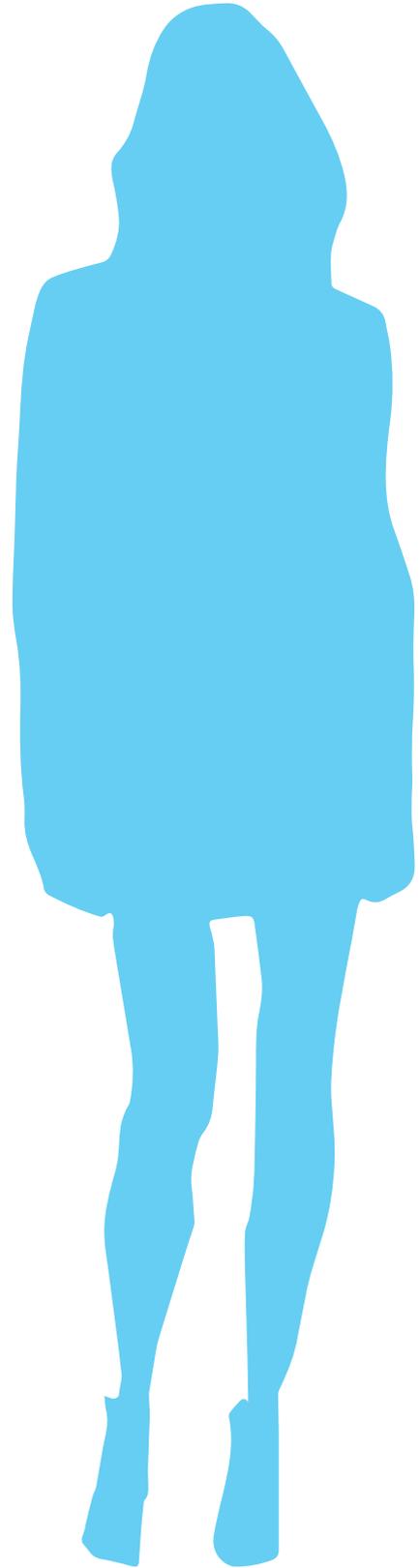
You've left – now it's time to get back on your feet! We understand that this isn't easy but try to have fun amongst all the stress.

Why not join a new social group, such as or a local playgroup, a book club or even an art class?

It's time to focus on YOU!

And if you need to speak to a lawyer a separation or any family law matter, contact us on 02 9569 3000.

At Gowland Legal our commitment is to provide much needed support and reputable legal guidance to our clients and their families.



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