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1 Recognize the sensitivity of the situation. Filing for divorce is painful, because it is ending the hopes and dreams of both parties. Be gentle on yourself and your partner as you approach the subject. Never use the “D” word in vain, and only engage in such conversations when you are serious and ready.

2 Prepare for unexpected behavior. People react to shock in different ways. Have as much pre-work completed as possible.

3 Create a written plan. Unless and until you have a plan, you will not have the success necessary to carry out the process. Categories for your plan should include: living arrangements, child care, and budget, etc.

4 Remove any and all weapons from your home. This lessens the chances of an ex being able to claim that s/he was intimidated, or that there was a threat.

5 Get a Post Office Box. A P.O. Box with a regular street address is best. A street address is one that does not include PMB in the address. By having a separate address you can discretely correspond as necessary, in private, with lawyers, landlords, loan companies, etc.

6 Get a separate and new email address. Use a password that is not easy to figure out. Communications are easily tracked through email. As you see lawyers, landlords, etc., you will need a private email with which to communicate.