



Family Law

CALL US - BEFORE
YOUR EX DOES!

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The end of a long relationship, especially a long marriage, is particularly hard to recover from because it represents loss or failure at so many levels.

It is challenging for the person left behind because the person who decides to leave has already grieved through the leaving process, what I describe as "death by a thousand paper cuts".

The "let's stay together spouse" is often shocked and emotionally unprepared for the aftermath of the departure of the "I'm done with you and moving on" spouse.

The first step is to talk to your doctor about some short term and long term strategies to help you cope. These may include therapy and medication. It is important to take small steps towards getting out of bed and out of the house.

If you have not settled the spousal support and property

issues with your spouse, retaining a family lawyer to learn about your rights and responsibilities assists in reclaiming a sense of power and control in your life. It also will reassure regarding finances and other worries.

Your happiness is ultimately, up to you. Often the simplest choices work the best-walk the dog several times a day, or garden. Mother Nature and exercise are natural endorphins, lifting your mood. Work part time or volunteer- making a difference, makes a difference in you.

Most importantly, you will know you are well on your way to moving forward when you take enjoyment in pets, family and friends and see the marriage as a stage in life with both good and bad in it which simply ran its course, and you find yourself making new plans for your future.

Your friends at Shank Law.



Roxanne C. Shank
LAWYER

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My husband left me for someone else. It has been several years now and I can't move forward. I can't sleep properly and I get joy out of nothing. What can I do?



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