

## The Humane Separation

Consider these six guides to making any separation as peaceful, child-focused, and constructive as possible. Even if you've already separated, you can use these ideas to your great benefit—and your children's.

**1. Use *UpToParents.org* or *WhileWeHeal.org.org* as soon as possible.**

A huge challenge is that virtually everything our society teaches about separation and divorce is wrong (that it's a call to arms, that what our co-parent gets must come at our expense, that we'll protect ourselves by resort to our legal rights and legal proceedings—and more).

Use these unique website resources to discard these many expensive and destructive myths, to understand your real challenge, and to see how you can successfully meet that challenge.

**2. Merge—and use—your chosen website Commitments.**

Print out your Agreed Commitments (a) to better appreciate how your best interests are virtually entirely mutual and (b) to show important extended family and any professionals the kind of future you are committed to. Read, discuss, and implement your Commitments as much as possible.

**3. Use the right kind of help.**

Beware anyone saying, "I'll fight for you." You may indeed need such help in cases of a violent or exploitive relationship. But otherwise, insist on help that respects your focus on kids and the peace-making that will actually serve you.

**4. If possible, talk and plan your separation together.**

Neither you nor your children will ever forget this day. Make it one that, for all its sadness, proves that you are committed to building a better future.

**5. Decide together on your conversations with your children.**

Consider some of the possible messages in Exercise D on the website. Decide together what you will tell your children. If possible, tell them together.

And while we're on the subject, decide what you will be telling your important family members and friends. Agree on a short and respectful description of your circumstances, your commitment to working for your children and a better future, and your request for their good wishes and peaceful support.

**6. Consistently show your children that things are getting better.**

Your children will be influenced most by what they see. Make your progress toward peace and healing absolutely obvious to them—every day.