

E-book Version



Kimberly J. Brasher

Author, Attorney, former Mrs. America

**SUCCESSFUL
MARRIAGE**

OR

**SUCCESSFUL
DIVORCE ...**

YOU DECIDE.

Candid insights from a divorce attorney
Kimberly J. Brasher,

Former Mrs. America, Attorney, and author of:
***Toxic Relationships, How To Regain Lost Power in
Relationship***

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For helping make this book possible, I thank:

My family whom I cherish and love dearly, including my two grandkids and one more on the way. I also wish to thank those who have unselfishly given of their time to review and give me feedback. Plus, I wish to thank my clients (whose names have been changed), who have shared their stories and lives with me. This book is for them, and for all of us who are striving daily to find peace and fulfillment in our relationships.

Successful Marriage or Successful Divorce.
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TABLE OF CONTENTS

CHAPTER 1

Is Divorce My Only Option?

Page 13

CHAPTER 2

HOW DOES INCOMPATIBILITY HAPPEN?

Page 33

CHAPTER 3

GROUNDS FOR DIVORCE

Page 47

CHAPTER 4

Can My Relationship be Revived?

Page 77

CHAPTER 5

Toxic Relationships.... Can They Be Saved?

Page 103

CHAPTER 6

Leave Old Baggage Behind

Page 113

CHAPTER 7

The dirty TRUTH about Divorce

Page 124

CHAPTER 8

DEBTS AND ASSETS

Page 157

CHAPTER 9

DIVORCE PREPARATION

Page 171

CHAPTER 10

DIVORCE IS EXPENSIVE

Page 197

CHAPTER 11

SETTLEMENTS AND AGREEMENTS

Page 207

CHAPTER 12

DIVORCE COMPLICATES LIFE

Page 213

Chapter 1

Is Divorce My Only Option?

You are at the ultimate crossroad, your relationship is definitely not going right, but yet, there are many good things you hold on to. How can you be sure that what you once believed to be “right” for you- is now “wrong”?

You may *logically* figure out -things are not the way they should be in this relationship. You may realize, -I don’t “feel”

the way I should be feeling. You may even recognize from a logical, objective viewpoint there are problems, even insurmountable problems, in this relationship long before your *heart* catches up with your mind, ...and certainly before your heart “de-taches”. After all, you can’t simply tell your heart to “stop ticking”. It has an agenda completely different and separate from your mind, and often distinctly devoid of logic.

Which voice is right? Which voice should you listen to? And which voice should guide your decisions? You may be asking yourself, “Should I stay in this

relationship ...holding on to what I “*wish*” the relationship possessed? Or do I cut my losses now before any more time, energy and money are invested in what ultimately may be a lost cause?”

If this is where you are, years of experience suggests it is best to give your “heart” time to catch up with your mind. Otherwise, later you may second guess your decision to leave, - especially when times get tough later on, (which invariably will happen), either financially, emotionally, or both.

One thing is for sure, if you leave before your heart catches up with your

“logical reasoning”- there will be repercussions. A “happy-ever-after” requires the necessary closure in the present relationship to free up your heart and emotions to move on in a more healthy way.

So, do yourself a big favor and take time to think it through carefully- ...*in advance of leaving.*

I have often completed a divorce for an impulsive client who jumped too soon and found herself in a much worse scenario than if she had taken time to “pre-plan” and think things through. A hasty decision can lead to many problems, such as:

1) A new relationship being affected adversely by your inability to connect intimately with a new partner. In such a scenario, your heart remained behind in the old relationship and never had an opportunity to disconnect and heal. Your new partner only receives part of the love you are able to give because you are emotionally still caught between the old and new relationships. What a difficult position to be in. Instead, you need to fully

disconnect and start to heal before jumping into a new relationship.

- 2) If you have not taken time to heal or disconnect emotionally before leaving, issues of jealousy often arise when your X moves on to a new partner. You find it hard to accept. You begin to second guess your decision to leave. In such a case, a part of your heart stayed behind and now is creating further problems for you when you lack the ability to gain the closure you need.

3) There are also dangers involved in your heart jumping ship before your MIND has a chance to think things through all the way. If you leave too soon- your support system may not be in place for you, friends, relatives, support groups through your church and community. Let your “mind” work through the process clearly and plan ahead. The strength of your support system may be the difference between a “happy ever after” versus a miserable plight.

A support system can provide you with help for the children, a ride to the airport, a friend to go places with, financial support in the event of a crisis, and emotional support for you if you have a weak moment when going back looks easier than going forward. People who have not carefully prepared and considered all the options often find themselves back in the negative situation they left, but it is even worse post separation.

4) Financial arrangements are non-existent for those who fail to prepare. This happens when a decision to leave is purely on “impulse”. They have an argument with their partner. They feel justified in being mad, so they pack up and leave on a moment’s notice without any advance consideration for where they are going? How long will they be gone? How will they eat? How will they find meals and food? What will happen to their

belongings once they leave? To leave so abruptly is a recipe for disaster and illogical. In this situation, the passion or anger overcome logic and they over-react with little or no preparation. The passions of the heart decided to move on and the “mind” is left scrambling to make sense of this rash decision.

Over the years, I’ve had numerous clients who didn’t think through their separation logically. They left without considering

where they would stay. What about their kids' schooling. How would they get them to and from school. They left without any cash on them or credit cards and the banks were closed, or worse-their account was overdrawn. Sometimes they left at a holiday time when everything was closed or booked up.

Sometimes they left just prior to a company bonus being awarded to their spouse, or stock options maturing and being

cashed in, or a year prior to the company options maturing. Sometimes they left before the family vacation they planned and paid for. They used all their savings to purchase a vacation that was never taken, or worse, taken by the party holding the tickets.

(Sidenote: Leaving on a holiday or a vacation is not a good idea (unless your lives are in danger), because the impact is grave and

will adversely affect your children- not only for the first year, but for each year thereafter. Holiday memories should not be associated with sad memories if possible- do all you can do to avoid leaving over a holiday or vacation time.)

All aspects of your life need to be considered in order to make the best decision, the least painful and most successful decision for you and your children.

Be careful of perceiving the *grass to be greener on the other side*. Sometimes, when the bloom is off the rose, the stem and basic root system of the *new* relationship is exactly like the relationship you had before,... sometimes with even more thorns or “issues”.

In the initial excitement of a new relationship things feel new and different so it seems “right”. This has caused some previous clients to get caught up and start thinking their “new” partner can better fulfill their hopes and expectations and can love them better, or provide for them better than

their existing mate. So they jump quickly into a new relationship. Later, they see their new partner has a few “issues” of their own. They may have a prescription drug abuse issue, or an excessive drinking “issue”, maybe they “play around” too much, or have a history of physical violence or verbal abuse. What if they are financially irresponsible and end up having an empty bank account with mounting bills. After seeing those vices you think- “Yikes! How come I didn’t see this coming?”.

One client, I will call Jill, left her financially secure relationship to go back to

her high school sweetheart with whom she had retained a crush over the years. At first, she was excited and giggly as she contemplated the move to go live with this “first love” of hers. Her husband was very sad and her son was hurt and confused. Her husband said he had only been trying to help her get over her alcohol issues and had tried to “dry her out” and sober her up. She rebelled from his pressure about her drinking, and escaped into the waiting, open arms of a childhood flame who she found out later was a raging, alcoholic himself. It was not more than 1 year when she returned to

our office. She wanted to divorce or annul her new marriage and return back to her former spouse. However, her former spouse wasn't sure he was willing or ready to put their son through an emotional upheaval again. He told her he needed time to do what she should have done from the beginning think about it. I don't know if they ever got back together after that, I never heard further.

We can only control one side of the equation and cannot control the other partner's reactions. Jill hadn't stopped to consider things might not work out, or there may be no going back. We cannot escape

from the problems we are a part of. Jill was anxious to get away from a spouse trying to change and correct her alcohol issues. She found she still had the problems of her own, but added on new problems from her new partner. We take “our” problems with us. You don’t take your “spouse” or “partner’s” problems with you, but you do take your own along with you into the new relationship.

Transitional relationships come along at a time when there is discontent in your relationship. They sweep you off your feet and make you consider leaving. However, history proves “transitional relationships”

rarely last. They serve a purpose to get you facing the reality of your discontent, but generally are not a lasting solution. Think long and hard before jumping at the first sign of a transitional relationship in your life and remember:

Rule #1)

Make sure...

long before you leave.

Lessons from history show:

*We take our problems with us
wherever we go,
Or worse, we simply trade one set of
problems for another.*