

The Synopsized Reality Litany

See Full Explanation of the Litany in the book, "Preparing for Divorce."

If you are going through a divorce, remember these things at all times:

- **You do not know your spouse.** This is a different person than the one to whom you have been married. He or she is in "me" mode now, which colors everything.
- **Your spouse WILL lie to you** in a divorce proceeding (especially if there is a lover involved). It may be "*I still love you,*" or it may be "*I don't have any money hidden,*" but remember that people in a divorce action are in "me" mode and are likely to say whatever serves the purpose at the time.
- **Your divorcing spouse does not have your best interests at heart.** He/she is in "me mode." Have I said this enough? No, I have not. Please remember this.
- **You cannot turn to your divorcing spouse for help.** See all the items above. This person does not have your interests at heart, he or she will lie to you, do not turn to your divorcing spouse for help. The habit of turning to this person for help and support may lure you there. Be aware that this is a habit. Resist this.
- **Adultery produces fantasy.** It is a hard thing to combat. Be aware that everything pales to an adulterous spouse alongside his or her intended. Both Leavers and the Left need to know this. It makes you Leavers do very stupid things. Not realizing the power of this fantasy makes those who are Left try to use reason--but reason has flown out the window.
- **Divorcing spouses rewrite history.** Do not let this throw you off balance. It is a part of the coping process. Know this on the front end so that you don't question yourself when his/her version does not line up with your memory.
- **You may be made out to be the "enemy" even if you are innocent.** See fantasy and rewriting history items above.
- **In a very real sense, you are the enemy of your divorcing spouse.** It is also good to keep this perspective. It helps all the above axioms go down easier. You are on opposite sides of a lawsuit. We hope that it does not devolve to a fight, but you are oppositions, nevertheless.
- **If the marriage is over, understand that it is all about two things now:** 1) the kids and 2) the money. It is okay to feel this way; in fact, it is healthy. It is all business, not personal now. Let your lawyer do his/her work.