

Untying the Knot:

## **You've Decided on Divorce...Now What?**

### *Top D.C. area Divorce Attorney Offers Advice*

(Vienna, VA) Nobody gets married expecting to file for divorce. But life happens. Whether it is infidelity, spousal abuse, or you've just outgrown each other, deciding to get a divorce is one of the most painful decisions a person can make. Named one of the best divorce attorneys by Washingtonian Magazine, Attorney Alan Plevy of Smolen Plevy ([www.smolenplevy.com](http://www.smolenplevy.com)) offers the first steps that should follow this life changing decision.

**Complete Picture-** First thing you should do says Plevy, is get a complete picture of where your marriage stands financially. "Look at assets, debts, liabilities. Do you have a home? Are the cars paid for? Are the bills being paid? Are there any accounts that you are unaware of?" asks Alan Plevy. You need to know what makes up the marriage before you start to dismantle it.

**Telling your spouse-** According to Plevy, circumstances will decide how you approach your spouse regarding a divorce. But before you approach your husband or wife, make sure you speak to an attorney. "You can go online and you can read books. But you need to speak to a person face to face, eye to eye and find out what it is you are going to be walking yourself into" says Plevy. Once you've done that, Plevy says then you decide the best way to break the news.

**Marriage Counseling.** Try everything first. Plevy advises people to try marriage counseling. "Most people in marriage counseling have already talked about divorce and this is the last ditch effort. Sometimes it works, sometimes it doesn't. If it doesn't, at least a dialogue has begun", says Plevy.

**Seek Therapy-** Getting a divorce can be overwhelming. It can be a rollercoaster ride with lots of ups and downs. Because this can be a very consuming and stressful process, Plevy advises his clients to seek professional help.

**Children-** Alan Plevy always recommends putting children first. Don't denigrate or "bad mouth" the other person. It only hurts the children. Also, Plevy suggests talking to a therapist for the children and touching base with school counselors so they are aware of potential problems or programs for the children.

**Moving Out-** Emotions might make you pack up and leave but divorce attorneys say in most cases this is a big mistake. “In some states, moving out can be considered desertion of the marriage so deciding when to move out can be a very difficult decision”, says Plevy. In cases of physical abuse, attorneys say call 9-1-1 and let the police remove the abusive spouse.

**Choosing an attorney-** Bottom line, Plevy says finding a good lawyer is key. Do your homework and get recommendations. Look for someone with experience who is respected by judges as well as peers. An honest lawyer will also be willing to settle out of court as long as a fair and responsible agreement can be reached. Otherwise, you want a lawyer who excels in a court room battle.

Alan Plevy of SmolenPlevy is available for media interviews on this and other family law issues. He can be reached by contacting Celina Fabrizio at [celina@onthemarcmedia.com](mailto:celina@onthemarcmedia.com) or at (614) 204-5237.