



Toolkit for Divorcing with Dignity

Tip Sheet #6: Divorcing without children

Divorcing without children can look quite different compared to couples with children. In some cases, friends and family members might imply you “are better off” or “have it easier” because children are not involved in your divorce. This could be how you feel as well, or you might feel devastated if you had wanted children. Whichever feeling you may experience, here are some ways in which navigating a divorce without children might differ from if children are involved.

1. **Stigma-** If you find yourself struggling with others making assumptions about your situation, do your best to clarify your own stance. It can be so difficult to have others who are not experiencing your divorce cast their opinions and sometimes place judgement, so stand up for yourself and advocate for how you feel or don't feel.
2. **Court and Lawyers-** Some people may hear that if they agree with their ex-spouse on the terms of the divorce and no children are involved, then they do not need a lawyer. Without having to navigate custody and visitation arrangements, the legal aspects of the divorce have the potential to be less seemingly complicated, but it is still wise to consult with someone who knows the state's laws thoroughly and get advice on how to proceed.
3. **Dating-** Getting back into the dating world can occasionally happen more quickly for those who divorce without children, though this is not always the case. If you consider dating once more, consider qualities you would like to find in a date, and the level of commitment you're looking for at the time.
4. **Property-** Negotiating property distribution can vary largely on the amount of discord between you and your ex-spouse. If you are unable to locate your ex-spouse or reach an agreement, consider making use of a lawyer to move forward with this part of your divorce.