

Divorce is painful but it does not have to be a disaster. Societal standards hinder us from having a good divorce. People shy away from this notion because they think it is uncommon. Having a divorce does not mean you are happy to have it. It also does not mean you have failed, or you did something wrong. So, what does a good divorce really mean?

Diane Mader is an attorney who has practiced divorce law in Wisconsin for more than 30 years. She has also mediated divorce cases for 25 years. Through the years of working with divorce clients, she has gained deep compassion for women going through divorce.

Her commitment to making divorce a transformative experience for women led her to train as a certified life coach. Ever since then, she has used that opportunity to coach women before, during, and after their divorce.

Dare to have a good divorce as you listen to today's episode!

In this episode, we discuss:

- Divorce as a future-focused planning process
- What a good divorce means
- The practice of affirmations
- Forgiveness. It is not something that you give to the person who has wronged you, but it is something that you do and give to yourself.
- Having compassion for yourself
- How to focus on the future planning process
- You do not divorce your children
- Co-parenting after a divorce
- The best way to get through a divorce

"The best predictor of a good outcome for children whose parents are divorce is low conflict between their parents."

RESOURCES:

[Should I Stay Or Should I Go? A Guide to Knowing If Your Relationship Can - and Should - be Saved by J. A. C. Patrissi and Lundy Bancroft](#)

[Too Good to Leave, Too Bad to Stay by Mira Kirshenbaum](#)

Attorney Diane L. Mader
[Law Office of Diane L. Mader](#)
(608) 836-7667
diane@maderlaw.com
[Facebook](#) | [LinkedIn](#) | [Twitter](#)

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divorce, conversations, women, financial, wellness, marriage, finances, parenting, relationship, commitment, confidence, conflict, children, kids, norms, society, coparenting
