

Should I get Divorced During the Covid-19 Pandemic?

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Divorce is never an easy topic, nor should it be an easy answer – but what about during a pandemic? Is disrupting your family’s life to separate into two households the right thing to do when a pandemic is taking place?

There is never going to be a “right” time to divorce. Once a couple figures out either on their own or through counseling^[1] that their problems cannot be solved, a constructive divorce is often the next step.

Courts are open and those cases that can be resolved without any court hearings are moving more rapidly than ever through the now virtual court system. The collaborative divorce model has been around for awhile, but using it now during the pandemic can make your divorce more efficient, while still bringing in the professionals as needed for your particular situation, including financial planners, mortgage brokers, child specialists, divorce coaches or mediators.

Collaborative may be the right process for you if you want the following:

- To stay out of court,
- To work things out on your own,
- To make a plan for the future for both parties looking at your family’s interests and needs,
- To maintain a private, safe environment to exchange ideas and options,
- To put your family first.

Collaborative Divorce is not going to be about winning, revenge or punishment. Rather the collaborative process requires both attorneys and parties to focus on interests and goals instead of positions through a series of joint meetings. Traditionally these meetings were held in person, but the same meetings can now take place virtually and everything can be handled online. Starting the process now may be just as good as any other time.

You can find more detailed information about collaborative practice and look for professionals to help get you started at the [Collaborative Law Institute of Minnesota](https://www.collaborativelaw.org/) (<https://www.collaborativelaw.org/>)

[1] Discernment Counseling is a type of limited scope counseling that helps couples, or individuals determine whether to work on their marriage or keep moving towards divorce. See [University of Minnesota Couples on the Brink project](https://innovation.umn.edu/mncouplesonthebrink/whatisdiscernment/) (<https://innovation.umn.edu/mncouplesonthebrink/whatisdiscernment/>)

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