

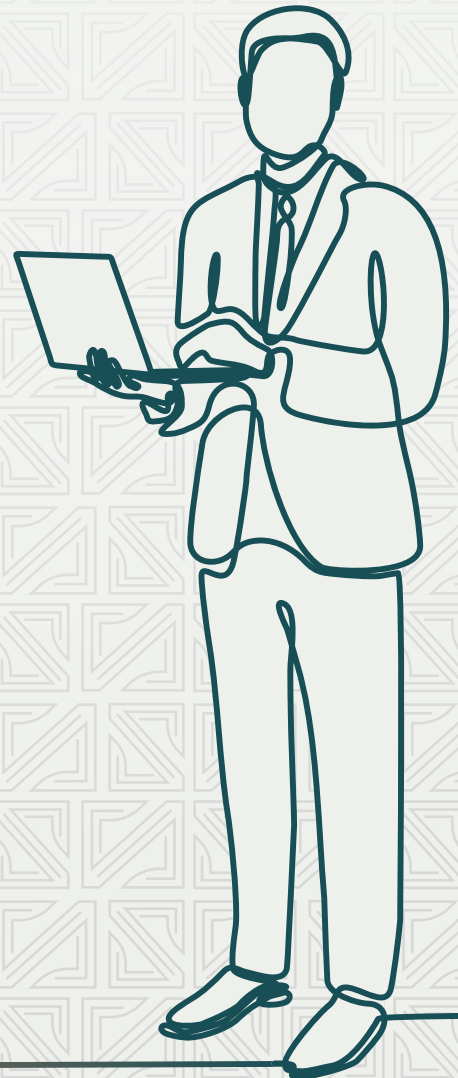
# Do's and Don'ts of Separation

Emotions often run high as a person's or a family's future changes forever.

And finding the "right" lawyer to help you best navigate these issues can be tricky.

**That's where Slovensky Law comes in.**

Our team is dedicated to helping you through life's biggest challenges, one step at a time.



# What is considered legal separation in Virginia?

**Separation** is the gray area in between marriage and divorce.

Unlike some states, Virginia doesn't have a formal status for legal separation. Once you and your spouse are no longer living together as a married couple, you are considered separated.

However, you can still take care of yourself, your children, and your assets during separation by following these do's and don'ts.

## Do's and Don'ts of Separation

### Do:



#### Have an end date in mind

Separation shouldn't be left to interpretation. Choose an end date for your separation trial period. Many couples try for 6 months.



#### Keep open communication with your spouse

Separation may feel like the beginning of the end, but it's important to remain in contact with your spouse and to always remain kind and respectful. Polite communication can help make resolving issues easier.



#### Gather all the financial information and records that you can

Maintain the status quo regarding paying bills, but review your marital assets and make as many copies of files that you can. Talk to an attorney about what to do with joint accounts.



#### Get the medical treatment you need if you're on your spouse's health insurance

If you and your spouse are on the same plan, neither party should make any changes until either an agreement is reached about what to do going forward.



#### Discuss what you'll tell people about your situation

And stick to it.

### Don't:



#### Jump right into a new relationship

It can be tempting to get excited about trying something new, but it's best to hold off on new relationships during the separation trial period.



#### Go crazy on social media

It's normal to want to vent about your situation, but social media is not the place to do it. Talk to a trusted friend or, even better, a therapist about what you're going through.



#### Drag the kids into it

Your kids should be your top priority in all of this. Badmouthing your partner in front of them will only create more animosity amongst your whole family down the line, no matter what the outcome of the separation is.



#### Move out without weighing your options

It's important to discuss with an attorney how this move may impact your case before you make any final decisions.

## About the Firm

At Slovensky Law, we work with you to make sure you understand each and every step of the process of your Virginia divorce, no matter what your situation looks like. And we do everything in our power to protect your rights and help you get your life back on track. Call [540-492-5297](tel:540-492-5297) today to speak with our team and get your first consultation scheduled.