



10 PRACTICAL STEPS FOR THE EARLY DAYS OF DIVORCE AND SEPARATION

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Divorce can leave you feeling overwhelmed, frightened and completely unsure where to start. I know because I've been through it myself, as a mum of two.

I'm Camille Toscano, an accredited divorce coach and author of *Divorce SOS: Where to Start*, and I now help people move through separation and divorce with more clarity, calm and confidence.

These 10 practical steps are designed to help you cut through the overwhelm, focus on what matters first and start feeling more in control.

Camille Toscano



10 PRACTICAL STEPS FOR THE EARLY DAYS OF DIVORCE AND SEPARATION

1 Pause major decisions for 72 hours

Urgency is usually emotional, not practical.

If a decision can wait, let it wait.



2 Keep communication brief and factual

This is not the time to explain, persuade, or process the relationship.

Less said now often means less damage later.

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3

Protect sleep, food, and routine

Your nervous system needs basics before it can handle complexity.

Stability starts here.



4

Don't try to resolve everything at once

Separation is a process, not a single conversation.

You are allowed to take this in stages.

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5 Start gathering information quietly

Legal, financial, and practical information creates safety. It does not commit you to action.



6 Document key conversations and changes

Brief notes protect clarity when stress distorts memory.

Dates and facts are enough.

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7

Choose one or two steady people for support

Too many voices increase confusion.

Choose people who calm you, not rush you.



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8

Avoid irreversible choices while panicked

If it can't be undone, slow it down.

Your future self will thank you.

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9

Reduce exposure to conflict where possible

You don't need to engage with everything presented to you.

Containment is protective.



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Remind yourself of this:

You don't need to have it all figured out.

Understanding comes with time.

Still feeling overwhelmed or unsure what to do next?

You do not have to work it all out on your own.

As a divorce coach, I help people untangle the emotional and practical overwhelm of separation so they can see what needs their attention now, what can wait, and what their next steps could look like.

Book a free discovery call with me.

There is no pressure and no obligation to work together. Even if nothing comes from the call, my aim is for you to leave with more clarity, a better understanding of your situation and at least one useful next step.

BOOK YOUR FREE CALL