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## How to write a divorce letter to your spouse

Death is the most important thing, however, it seems surreal, so most of us don't bother planning on it (plus it's kind of a bummer). We're told how to prepare for practical stuff, but there's an emotional side to think about, too. Consider writing the last letter. It is a fact of life that we will all die at some point. Although it's not something you get... Read more at the New York Times. Doctor V.J. Periyakoil details her experience dealing with dying patients. She writes: The most common emotions they express are regrettable: regret that they never had time to repair broken friendships and relationships; regret that they have never told their friends and family how much they care; regrets that their children will remember them as hypercritical mothers or demanding, authoritarian fathers. Based on this experience, Periyakoil launched the Stanford Friends and Family Letter Project. It is essentially an initiative that encourages patients to open a dialogue with their doctors and loved ones to communicate, which is most important to them at the end of their lives. This means that guidelines must be established for their care, but it also means expressing their feelings to family and friends. Again, it's kind of a dark topic, and one that most of us don't exactly embrace. The idea that you can leave this world without closure, though, is an even more unpleasant thought. The project site has three templates that you can use:What Matters Most Letter: This is a letter template that allows everyone to document what matters most to them and what treatment they want in the future. This tool is free and available in print as an online fillable form and as an iPhone and Android app in eight different languages. Letter to the Project Advance Directive: This tool allows anyone to answer a few simple questions in English. When they finish and click the print, the tool will send them an auto-filled valid pre-directive document and an additional letter to their doctor describing their preferences for medical care at the end of life. This tool is free and available in print as an online fillable form and as an iPhone and Android App.Friends and Family Letter: This letter can help all adults complete seven life review tasks: recognizing important people in our lives; remember the treasure moments of our lives; apologize to those we may be hurt; forgiveness to those who have hurt us; and saying thank you, I love you and goodbye. With this template, you can write a letter to your friends and family in one of eight languages using an online form, an iPhone or Android app, or a printable form. Hit the links above to look at each template. You fill them out online, and then you can print or email (you don't sign in or submit anything). To learn more about the initiative, go to the links below. Stanford Friends and Letter Project via New York TimesPhoto by kburnett51 Whether writing love letters was part of your decency days together, consider writing love letters to your spouse now. Don't let love letters become lost in the art of your marriage. Here are some tips to help you get started and to help keep your love letters REAL. Make time to write a love letter when you feel close to your spouse and when you are not in a hurry. There is no created calendar/email reminder to nag yourself by writing a love letter. Receiving a love letter on the 16th of each month is not romantic. No body wants to feel like they've just been tested off the to-do list. Save and use a nice stationery and a nice writing pen when you write your love letters. Read some of Keats' words. They can inspire your creative juices as you write a love letter to your spouse. Don't try to be poetic or flowery or lovey-dovey or sentimental if that's not who you are. If Hi Sweetie is the way you speak, then it will make more sense than My Darling and will be more realistic for your spouse. Please do not copy the love letter found in the book or online. Don't use a template or formula every time you write a love letter. Write what is in your heart. Acknowledge who your spouse is. Be sincere as you compliment your spouse. Don't manipulate. Your spouse will see through manipulation. Describe your feelings as you write your thoughts. Some ideas to write about: share how your spouse has touched your heart, share a favorite memory of your spouse, talk about a song that reminds you of your spouse. But don't do all three in one love letter. Keep your love letter focused, simple, and honest. Try to wander. It's good to mention passion and desire and want to make love and being attracted to your spouse in your love letter, but don't use a love letter as a way to blame your spouse if your sex life isn't what you want it to be. Make sure you don't use a love letter as a confession. This is not why you write a love letter to your spouse. Don't worry about making your love letter perfect. It doesn't have to be exquisite to confirm your love for your spouse. Send some of your letters to your spouse by post. Write a few short love notes and hide the notes around your home. These notes can be about scrap paper or sticky notes! Telling your spouse you want a divorce is complicated. This is not a conversation eagerly awaited; it probably means facing conflict and hurting your spouse, and most of us shy away from any of these situations. Regardless of what you feel about your spouse and your marriage, respect for that person's place in life is the only righteous opportunity you have. There are a few things to know when telling your spouse you want a divorce, and yes, there's a wrong way to do it. Who ever is married, you should always news is going to affect your spouse emotionally. Don't let your fear tells your spouse you want to divorce tempt you to do something that will only make the situation worse. Although you may feel that your marriage has collapsed, you should still treat your spouse with respect when telling them your desire to divorce, and sometimes respect is difficult. Do not skip the divorce conversation and go straight to serve your spouse with divorce papers. This tactic is an easy way, but ease is temporary. Unable to discuss your desire to divorce and moving forward with the papers, you will probably miss out on a reconciliation split and start a war. Choose the moment when you both have a continuous time. Turn off the phones and make sure the kids are elsewhere and fully attending, says Sam Margulies, PhD and JD. Another thing to avoid is simply packing your bags and leaving one day. This tactic is not a mature way to deal with a topic as serious as divorce and dismantling a family. You need to discuss divorce with your spouse, and your spouse would be the first to know of your intention to divorce. Don't tell your family and friends before talking. Divorce is hard enough if it is between two people. By introducing others into it, you make the situation more complicated. If your spouse is surprised by your desire to divorce, there will probably be plenty to deal with when you share your feelings. When you explain you want to divorce with your unknowing spouse, they are going to start the process of working with loss, hopelessness, depression, and countless other negative emotions you have already worked with—only they won't want to divorce. You are in front of your spouse in a grieving process. There can be a huge contrast between what you are feeling and what your spouse will feel with your statement about your intentions to divorce. You are ready to move on with your life. Your spouse will be wondering how you are willing to move on so quickly and hurt by the fact you are. His tone can get angry, and he can offend you for all the terrible things. All of these answers are normal and predictable, margulies says. Make sure, however, not to defend yourself. Listen and don't stop. It is useful for the spouse to be left where the spouse is leaving able to show compassion and empathy for their pain. It may not be easy to be around the person you hurt, but taking the time to give your spouse closure is something you won't regret down the road. When a spouse is left and served an unwanted divorce, they feel like they have lost control of the path to their marriage and plans for their future. You are now in control, and if you behave badly towards the spouse you leave, it will only encourage more conflict and do more emotional damage. Give your spouse time to process before telling others, including your children, whether discussing the logistics of separation or divorce, says clinical psychologist, Ann Gold Buscho. You don't like your spouse's reaction. Most likely, it will be difficult to respond to your desire to divorce, but showing compassion for your experience and the transition they are going through will make the process of divorce easier for all parties involved. Image Source/Image Source/Getty Images Although divorce laws vary by country, FindLaw explains that a divorce letter, or divorce petition, usually contains the petitioner's name, the plaintiff's spouse, place and date of marriage, name and age, child, and reasons or reasons or reasons for the divorce. The plaintiff must also certify that the couple has lived within the jurisdiction of the court for a certain period of time. Another aspect of the application for divorce is the request that the court issue interim orders on various matters relating to divorce. According to FindLaw, these include child custody and financial measures such as determining who is the primary custodial parent; noncustodial parent visit schedules; child allowance; alimony payments; the layout of the family home; and billing. The exact requirements and standards vary by country. The reasons for divorce also vary by country, but Wikipedia explains that adultery, abandonment, cruelty, mental illness and imprisonment are the basis for divorce in most countries. Moreover, all countries allow some form of uncontested divorce on the basis of disordered differences. This type of divorce is easier to obtain and much cheaper than an anti-virus procedure, but both parties must agree to the rules. FindLaw warns that some countries refuse to grant uncontested divorces when underage children or complex financial problems are involved. 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